Papercut's

For ALL Watches

Apple Watch

USER MANUAL

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See inside for details

60%
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06
12
18
22
12 MPH
20 M
20 M / 30 M
49MM
TITANIUM GRADE 5

10:09
Mobile
Mystie
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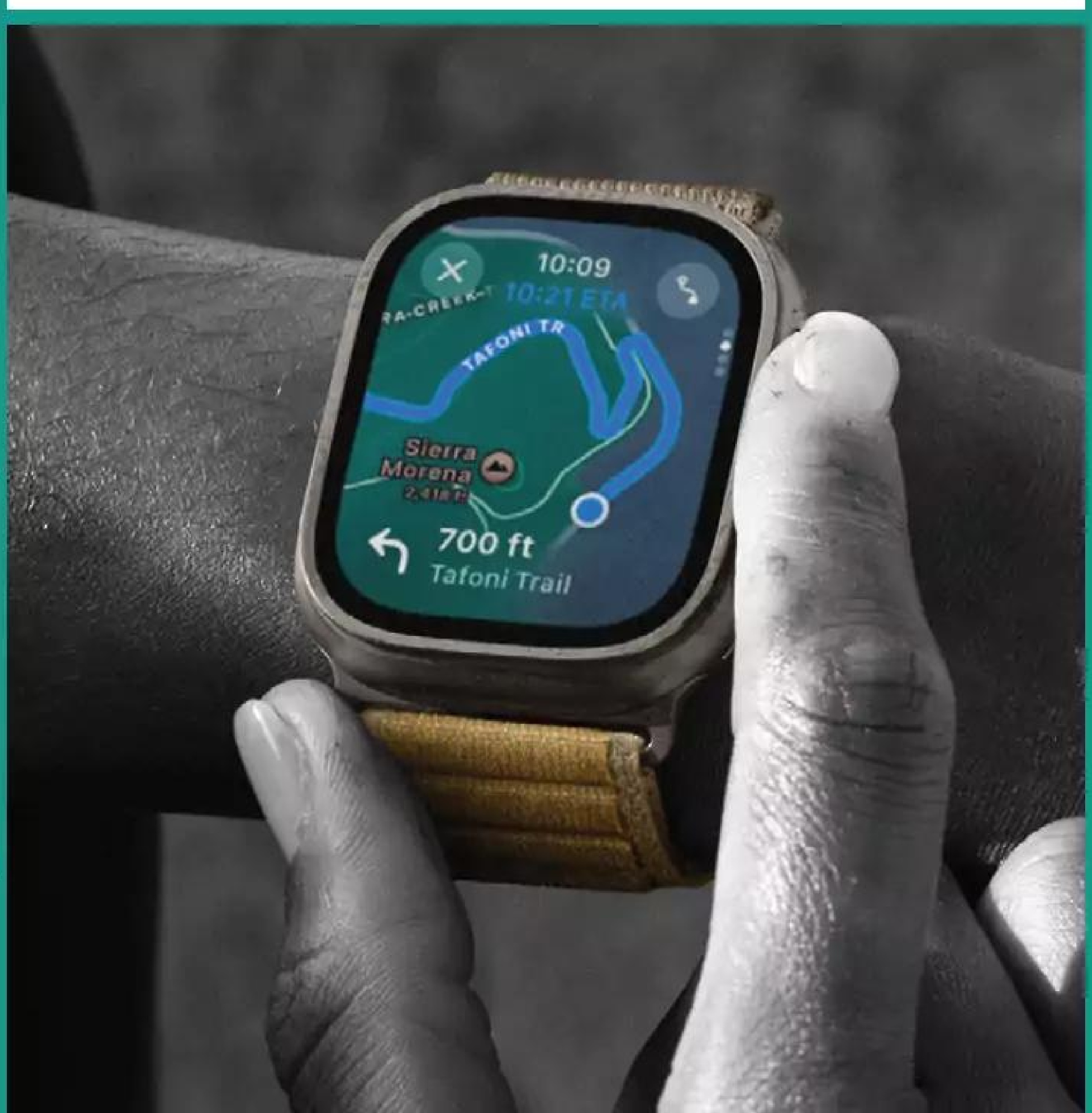
Siren
Medical ID
Compass Backtrack
SOS Emergency Call

Discover new features that help you get more from your Watch

Learn more about your Watch and become a more confident user



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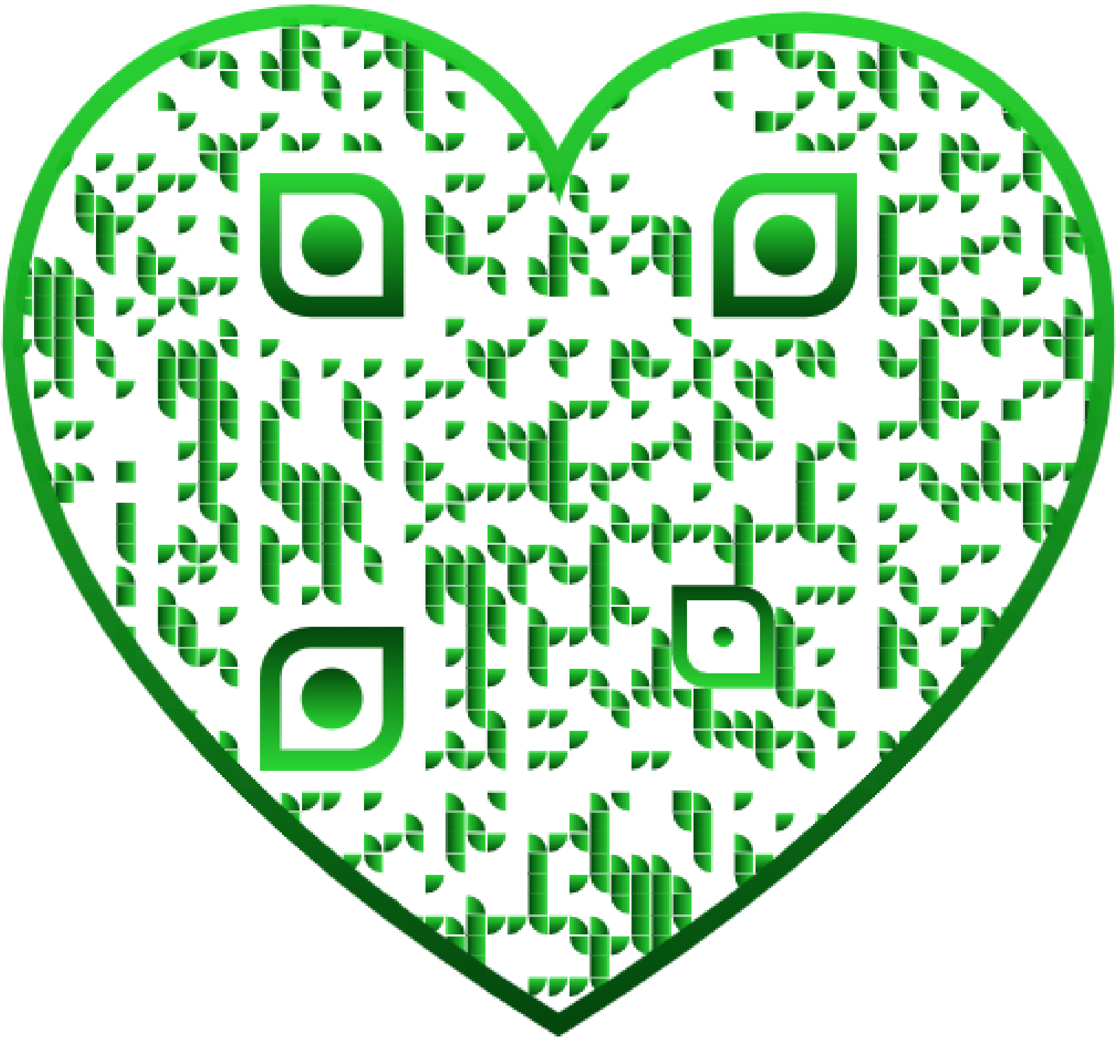
OVER
180 PAGES

985+
Professional tricks, tips and step-by-step guides + tutorials

100% INDEPENDENT



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Papercut's

Apple Watch

USER MANUAL

Welcome to the ultimate guide to Apple's amazing smartwatch! Your Apple Watch can do more than you think. You may have dipped into its health and fitness capabilities, but have you explored all its exercise and medical functions? You might have a favourite collection of watch faces, but are you familiar with all the ways you can tailor and customise them to your requirements? And you probably know there are third-party apps you can download and install, but which are the best and why? Over the following pages, we take an in-depth look at Apple Watch, its features and functions, its bundled apps and the best the App Store has to offer. Our plain-English tutorials help you get the best out of your amazing Apple wearable. With our help, you can use your Apple Watch like a boss!

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Contents

The Watch User Manual

Welcome...

Are you getting the most from Apple's amazing smartwatch? Are you using it to its fullest, or just checking the time and tracking your exercise? With The Watch User Manual, you can learn more about the Apple Watch. For beginners, we take a look at the various models that are currently on sale, show you what's where on your Apple Watch and take you through the initial setup. There's an awesome selection of watch faces available, and we show you how to customise and switch between them. We also get to grips with the major features of the Apple Watch's operating system, watchOS, such as Bedside Mode, Airplane Mode, QuickPath, Scribble, Phone Calls and more.

When you're ready to take advantage of the amazing apps that run on your Apple Watch, we bring you in-depth guides to the ones that come bundled with your smartwatch, and also show you how to download and install new ones. Some of the best third-party apps are covered, and there are features on the best peripherals and third-party apps that are available.

If you're looking for advanced features, you've come to the right place. Did you know you can unlock your Mac and your iPhone with Apple Watch? Or take screenshots of the watch face? Or control your Home gadgets? Or use it as a remote trigger for your iPhone's camera? We show you how to do all this and more.

Ian Osborne
Editor

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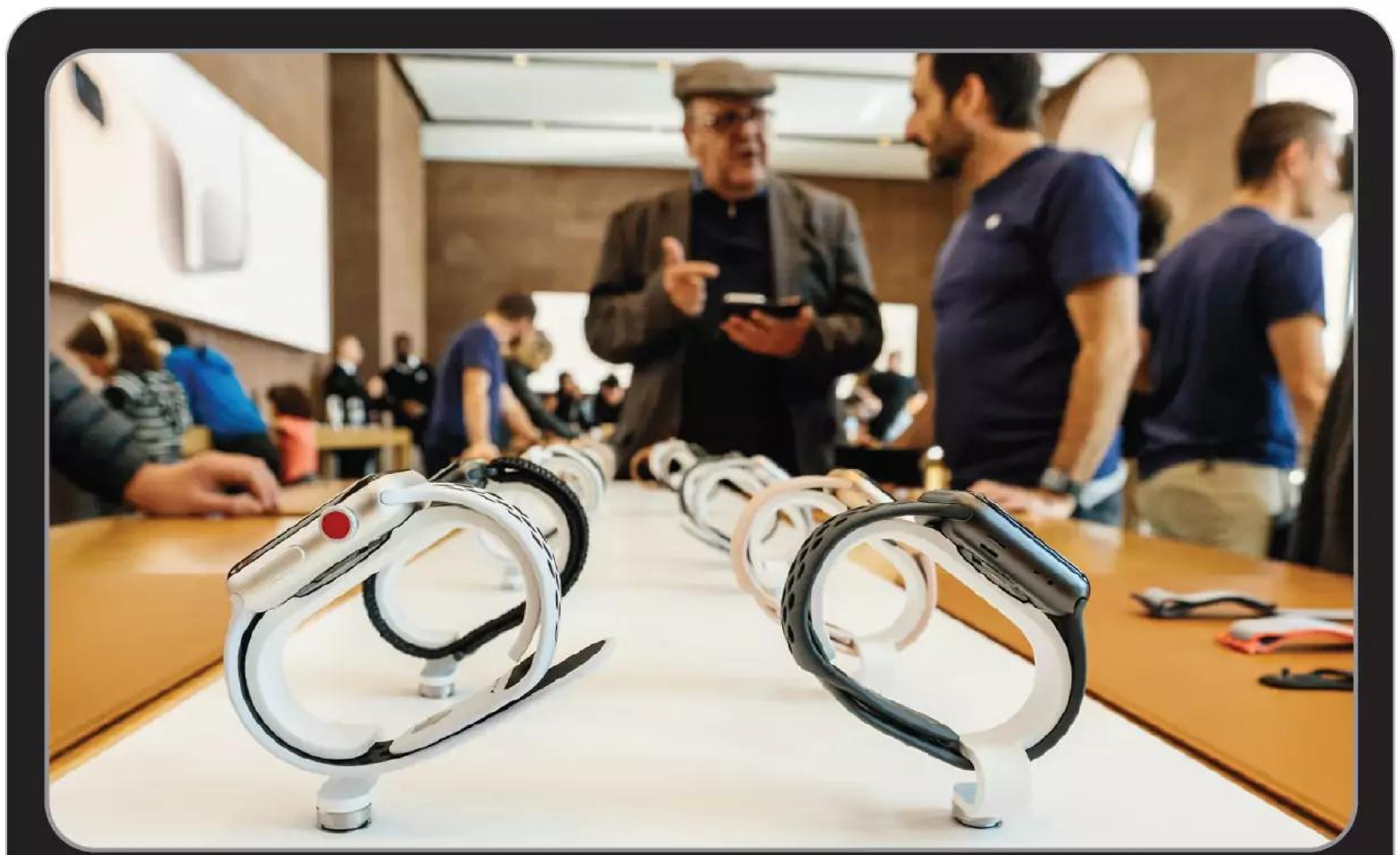
An Introduction to the Watch

Apple Watch newcomers, start here. If you've not yet bought your watch, take a look at our guides to the current range of Apple Watches, and a closer look at the current flagship model, the Series 9. We look at the history of Apple Watch and watchOS, how to set it up out of the box, the various gestures you can use and customising the watch face. Watch features such as the Dock and Control Centre and Home Screen are explained, and there are tutorials on Dictation, Phone Calls, Airplane Mode, Siri, Settings and more.

Watch in Numbers

The Apple Watch is an amazing piece of kit. It's by far the most popular wearable tech device in the world, and it has revolutionised the smart watch field. Here are some intriguing factoids about the amazing Apple Watch.



172 MILLION

The estimated sales of the Apple Watch to date.

$17,000

The price of the 18-carat gold Apple Watch Edition, launched in 2015. Unsurprisingly, it totally bombed.

watchOS
10:09
More intuitive.
More intelligent.
More you.

36.1%

Apple owns over a third of the smartwatch market, which is the largest global smartwatch market share.

MON
9
10:09
12:00–1:30PM
Lunch with Ken
Tartine Bakery
72°
LON
5:09

24TH APRIL, 2015

The date the Apple Watch is first released.

watchOS 4.3.2

If you have a first-generation Apple Watch (often referred to as Series 0), this is as far as you can go with the watchOS operating system.

Swatch Out!

As of 2020, Apple sells more watches than the entire Swiss watch industry.

watchOS 9.2

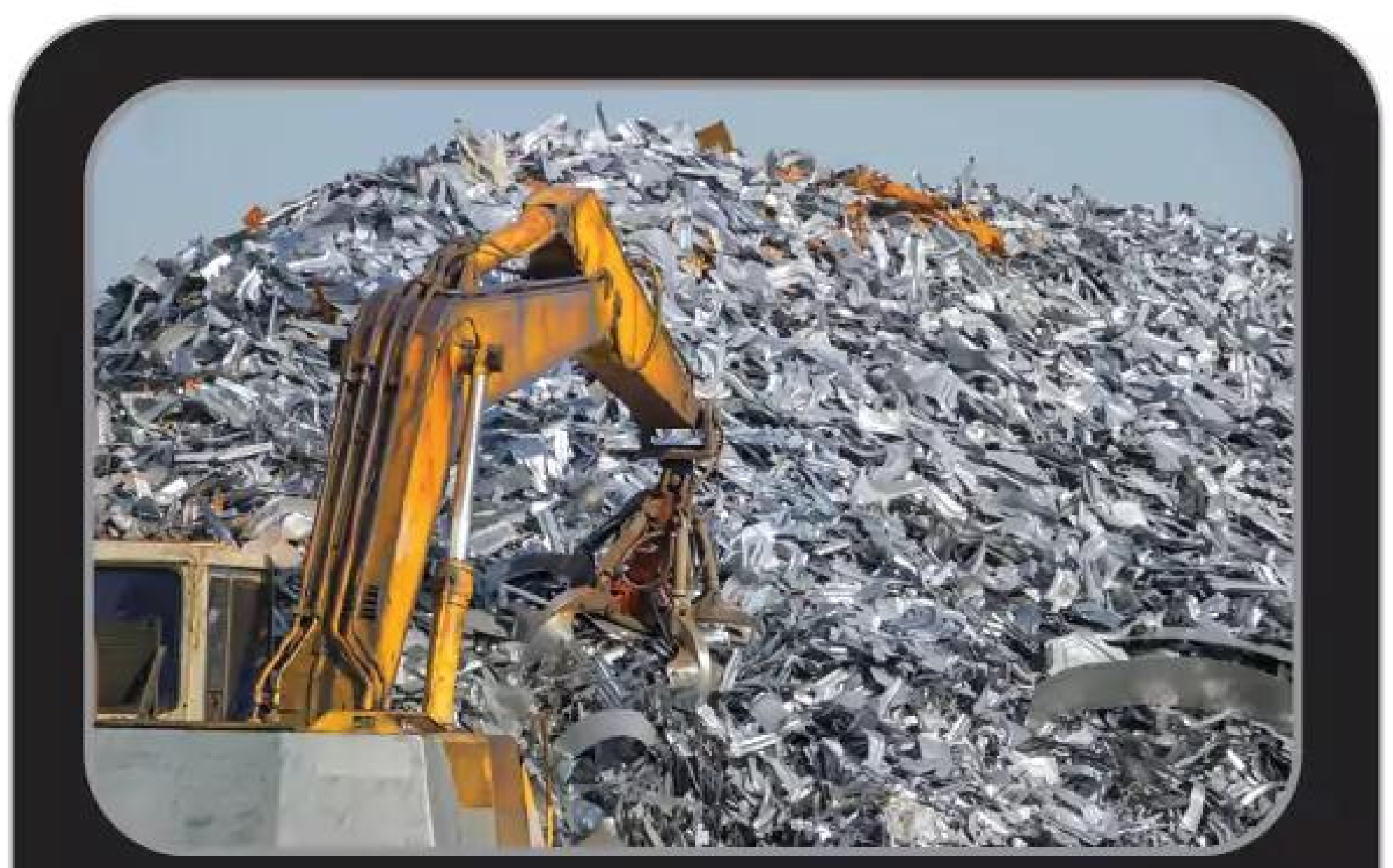
This is the current release of watchOS. All watches from Series 4 and later can run it.

1GB

The Apple Watch Series 8 and Apple Watch Ultra have 32 GB of onboard storage. The original only had 8GB.

NIKE AND HERMÈS

You can get Apple Watches co-branded with famous sports brand Nike, and French luxury-goods manufacturer Hermès.



100%

Apple Watch enclosures are made from 100 percent recycled aluminium, so it's great for the environment.

DUAL-CORE PROCESSOR

The chip in the latest Apple watches is very powerful indeed.

WATCH
SERIES 8

Apple S8 SiP

This is the Apple Silicon system on a chip used in the Series 8 Apple Watch and Apple Watch Ultra.

The Apple Watch Series 8

Apple has unveiled the next model of its amazing smartwatch, but what's new about it?

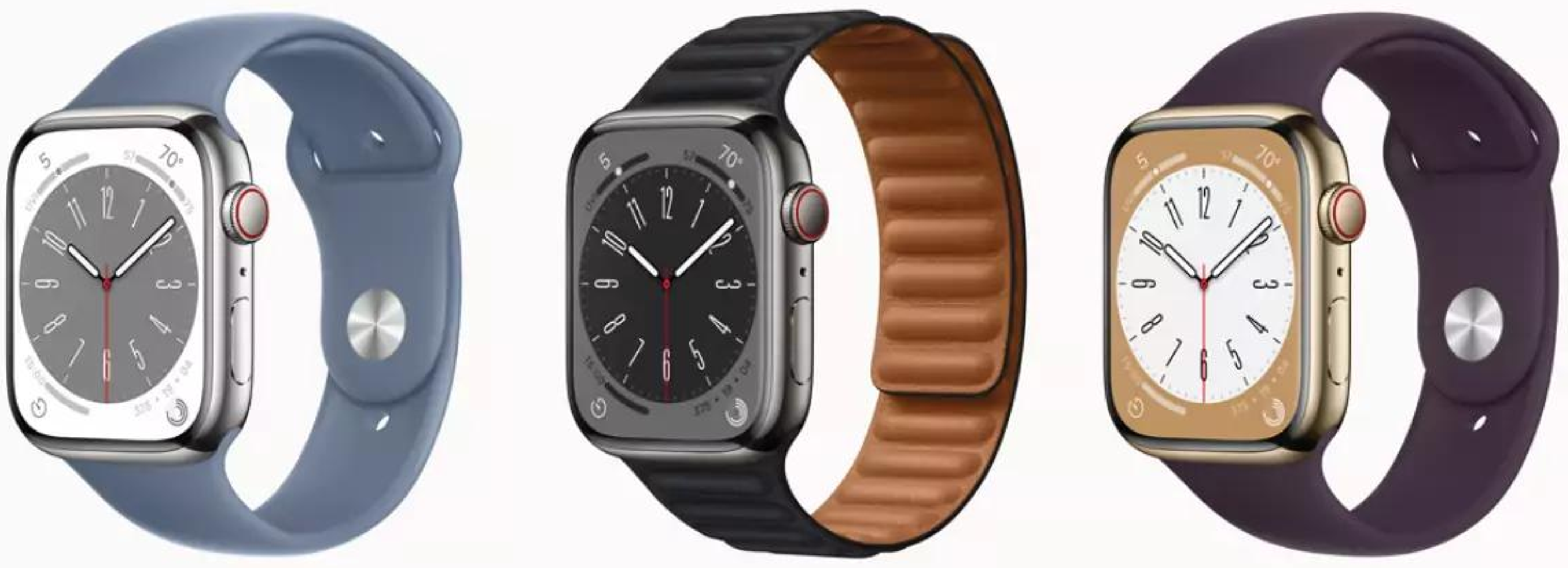
WED 7
10:09
WED 7
10:09
UVI 5 MODERATE
W T F S S M T
70
57 75

How much more can Apple cram into the Apple Watch? Maybe we'll get a camera one day, but apart from that, it's difficult to think of any extra features they might add. The Series 8 Apple Watch adds a new temperature sensor and updated gyroscope and accelerometer, and uses them to power a trio of great new features.

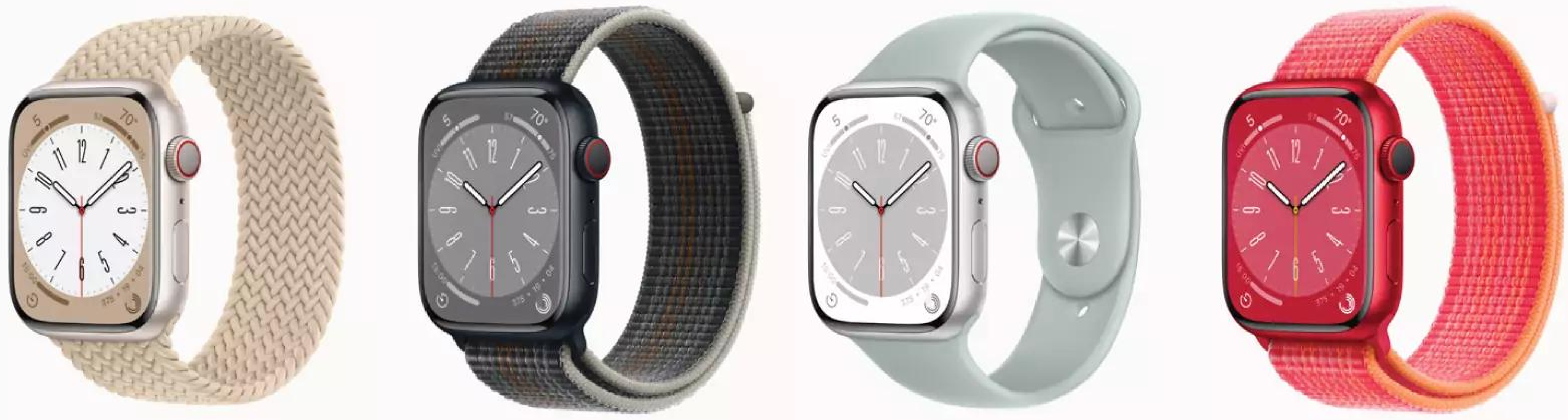
For those on a budget – or simply don't want or need all the features of the main Apple Watch – there's the updated Apple Watch SE, which makes a few advances over the previous model.

Exciting Colours

The Apple Watch Series 8 comes in seven different case colours; four for the aluminium case, and three for the more expensive steel case.



Steel Cases
silver, graphite, and gold.



Aluminium Cases
starlight, midnight, silver, and (PRODUCT)RED.

> **"We hear from customers how Apple Watch helps them stay connected with loved ones, be more active, and live healthier lives. Apple Watch Series 8 reinforces our commitment in these areas with the addition of pioneering technology."**
> *Jeff Williams, Apple's chief operating officer*

Getting Physical

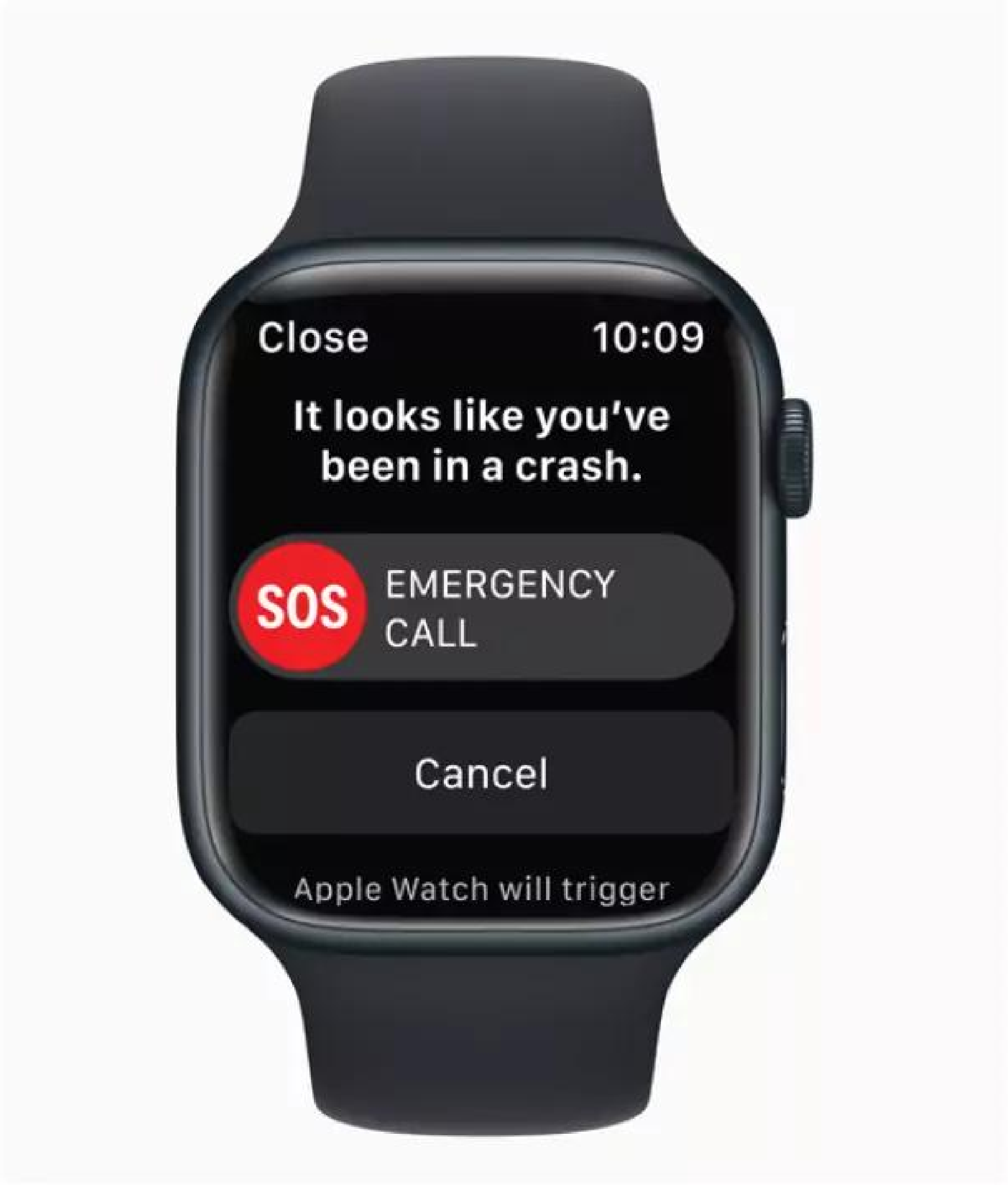
The outward appearance of the Series 8 Apple Watch hasn't much changed since last year's release. Like its predecessor, the Series 7 watch, it has an always-on watch face with narrow borders that push the screen right to the edge of the casing. It enjoys the same new watch faces such as Lunar, Astronomy, Metropolitan and Modular introduced with the Series 7 watch, and once again it's extremely durable, being swim proof, dust proof and crack resistant.

The Series 8 Apple Watch has a big, bright, always-on display with very narrow boarders.

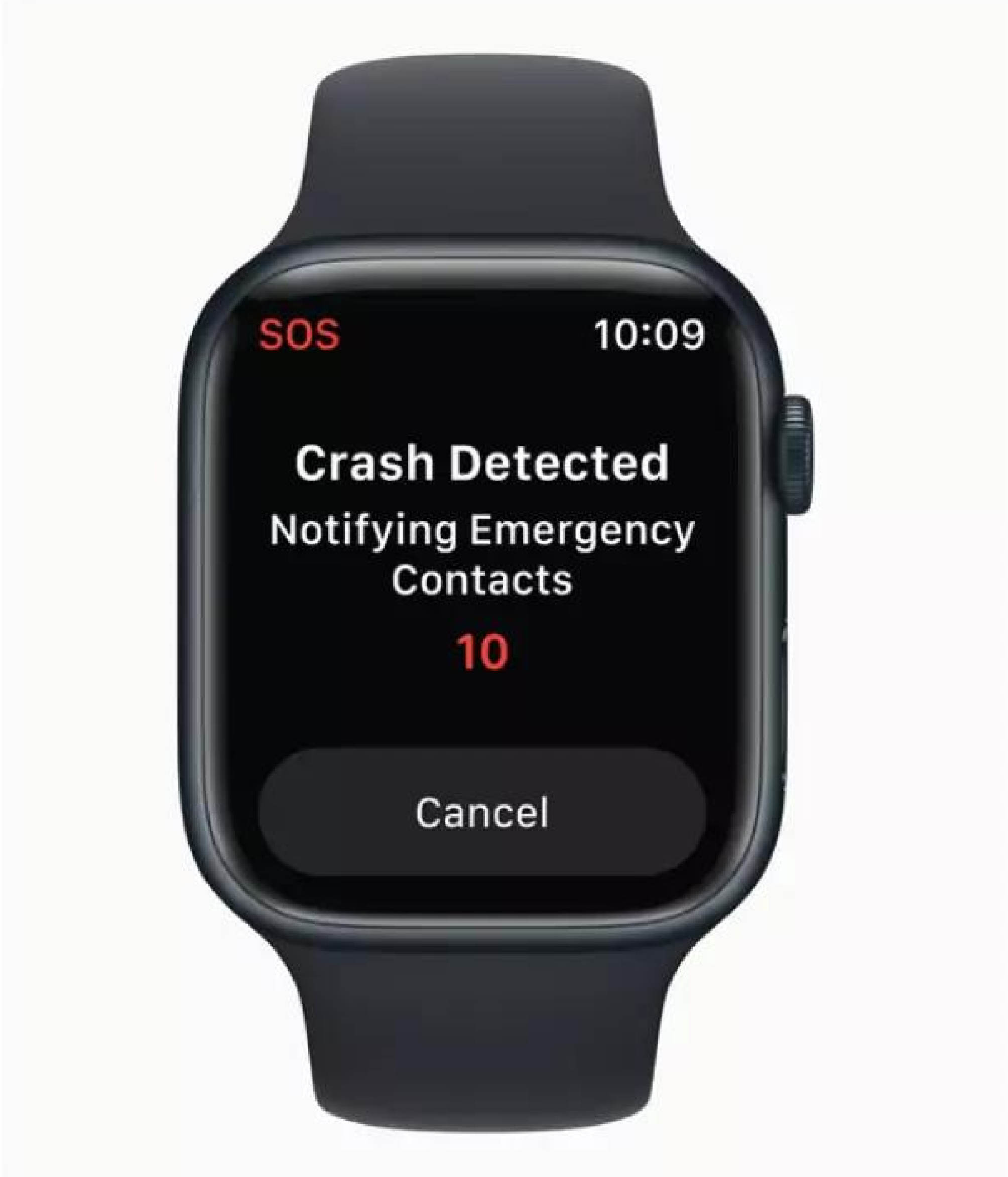
Activity
10:09
17:50.43
158BPM
Summary

As always, workouts and exercise are at the heart of the Apple Watch experience.

Crash Detection



The new Apple Watch can detect when you've been in a serious car crash.



When a crash is detected, emergency services are automatically notified.

The aforementioned updated gyroscope and accelerometer sensors combine with an advanced sensor-fusion algorithm allow for a great new safety feature. Crash Detection also uses the barometer, GPS and mic on the iPhone to detect the unique patterns that can indicate a severe crash has taken place. To create this advanced algorithm that detects these patterns, Apple collected data from professional crash test labs going through simulated head-on, side-impact, rear-ending and rollover smashes.

If Apple Watch detects a severe car crash, the device checks in with the wearer and automatically dials emergency services if they're unresponsive after a ten-second countdown. The wearer's location is shared with both the emergency services and their personal emergency contacts.

Apple Watch has already proved its worth as a safety device, as evidenced by the 'thousands' of letters received by Apple. Such as the bin man in Atlanta, Georgia who fell into the dustbin lorry. He didn't have his phone on him, but he was rescued after calling 911 from his watch. He never leaves the house without wearing it now.

Or the man in Milwaukee, Wisconsin, who was watching a movie with his wife when his Apple Watch showed his pulse had become wildly erratic. He was advised to go directly to the emergency room. He's now being treated for a condition that was only identified by the Apple Watch.

Or the winter sports enthusiast who was skating on a frozen river when the ice gave out, plunging him into the water. He was getting tired, and hypothermia was setting in, so he used his Apple Watch to raise the alarm. Rescuers arrived in minutes.

Or the guy who was having lunch in a San Diego restaurant when his friend started grasping his chest. He put his Apple Watch on his friend's wrist, and an atrial fibrillation notification popped up. He drove him to the hospital, where he was treated for a heart condition he didn't even know he had.

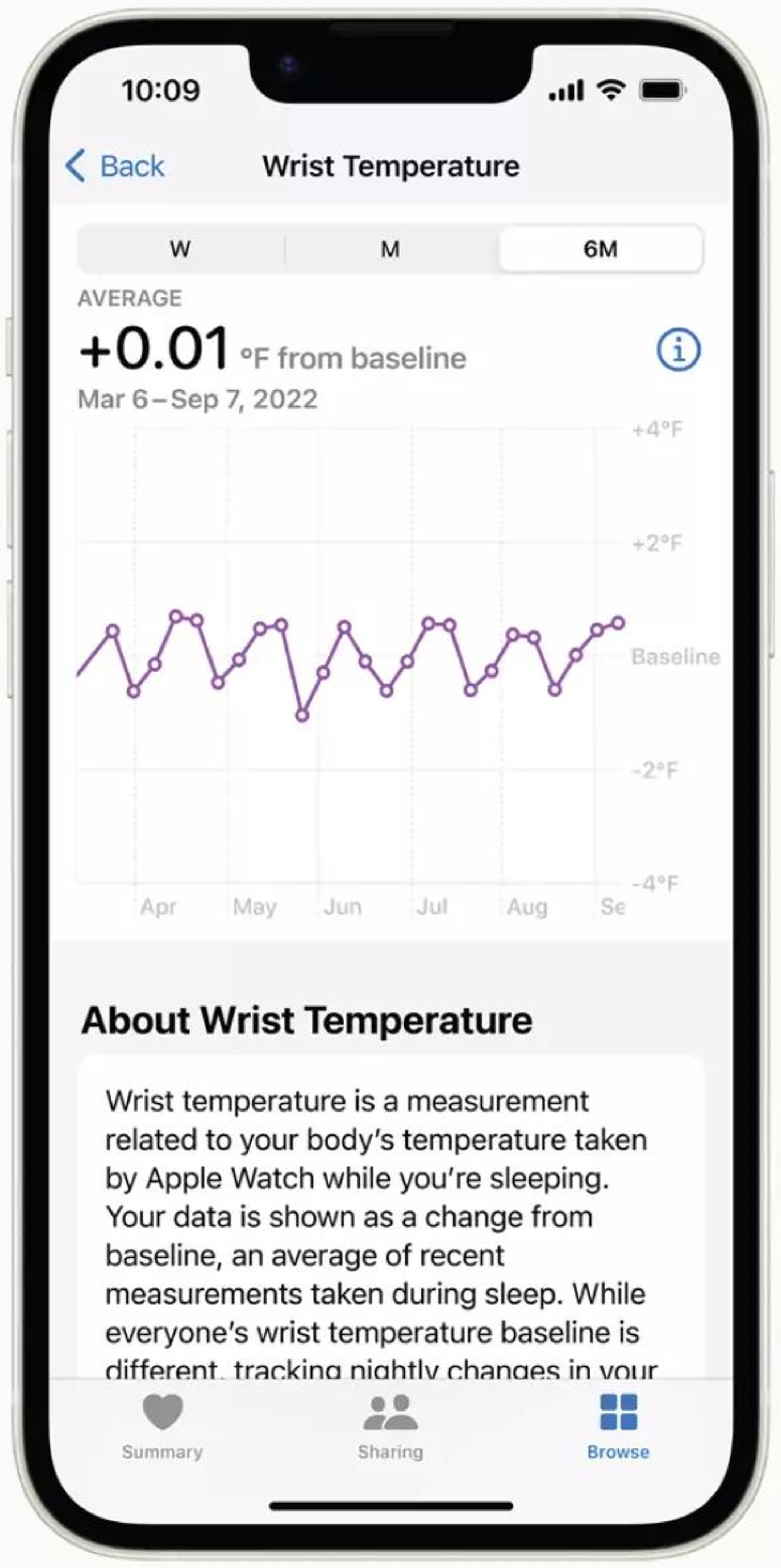
Or the lady who took a flight with her father, which crashed miles away from civilisation. She was saved when she called 911 from her watch. 'If I hadn't had the Apple Watch,' she later observed, 'things could've been much worse.'

Or the 27-year-old high school teacher fighting to catch her breath. Checking her Apple Watch, she found her heart rate was 187bpm. She went to the emergency room for treatment, and her doctor said the watch had saved her life.

Or the high school senior enjoying time in a log cabin, when a bear got in. He reached for his phone, but his pockets were empty. He looked down, and saw his watch. He long pressed the digital crown, and whispered, 'Siri, call 911.' He was saved.

With Apple Watch Series 8's new emergency crash detection features, this list of heartwarming rescue stories can only grow longer.

New Cycle Tracking Features



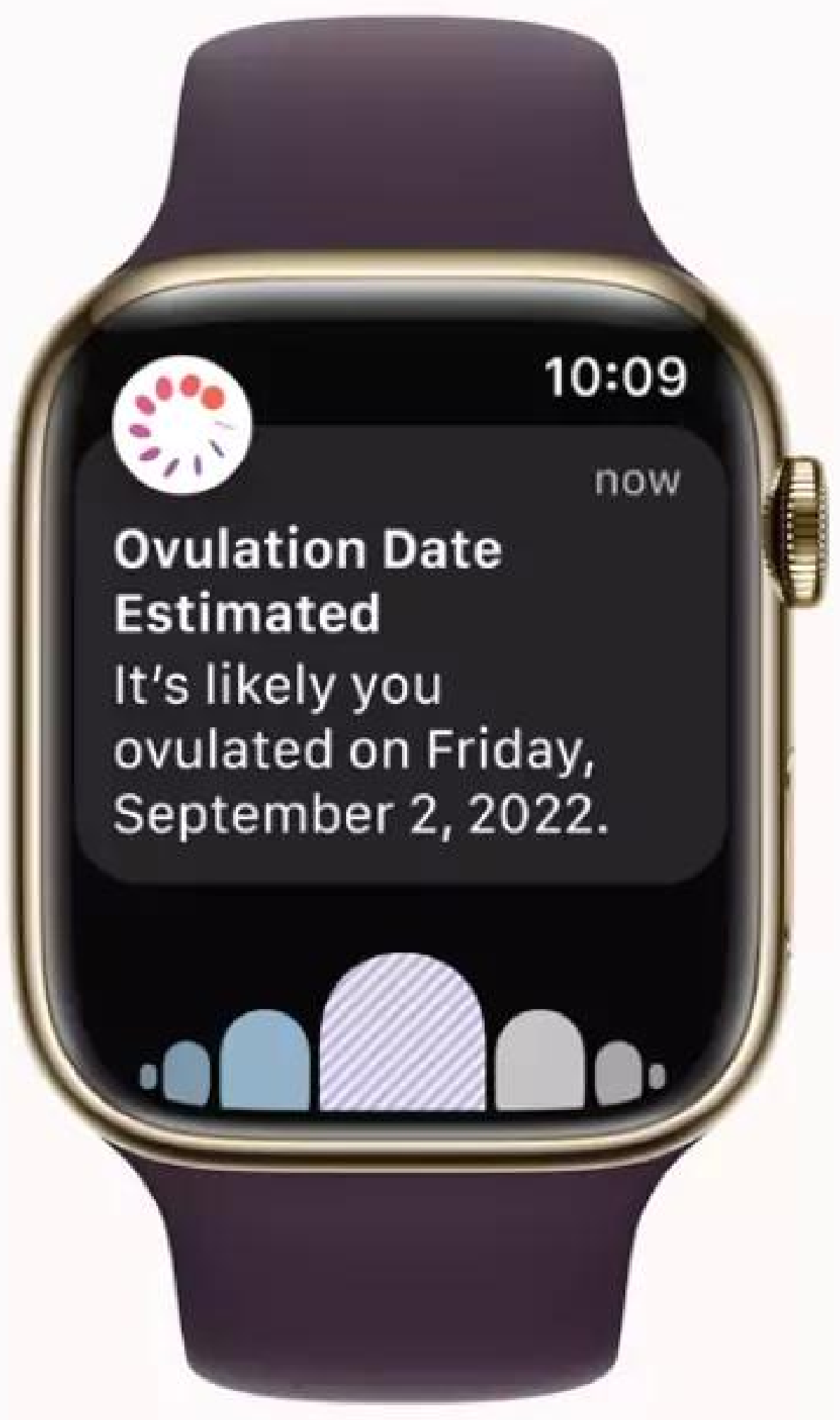
About Wrist Temperature

Wrist temperature is a measurement related to your body's temperature taken by Apple Watch while you're sleeping. Your data is shown as a change from baseline, an average of recent measurements taken during sleep. While everyone's wrist temperature baseline is different, tracking nightly changes in your

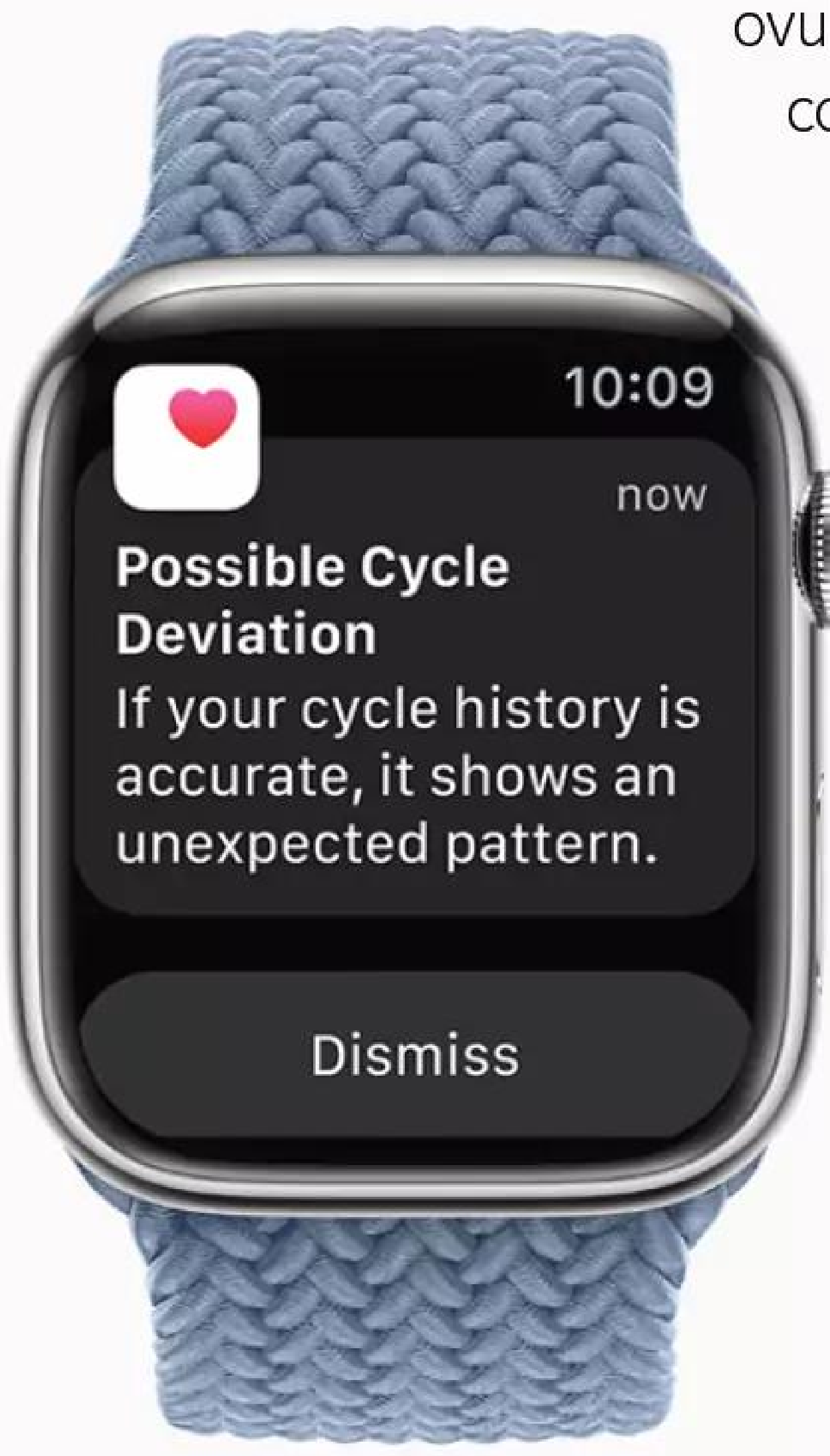
Two new temperature sensors allow some great new menstrual cycle tracking features. Cycle tracking was added to Apple Watch three years ago, and this year, it's augmented with a new feature that gives a retrospective estimate of when the wearer ovulated. A temperature sensor on the back of the watch checks the user's temperature, while a second under the display calibrates the first sensor's findings according to ambient environment conditions.

If you wear your Apple Watch at night, your wrist temperature is taken every five seconds, and differences as small as 0.1° celsius are recorded and shown in the iPhone's Health app. Changes in temperature are used to work out when a user ovulated, and when her most fertile time occurs, which is obviously very useful for family planning purposes. It's no longer necessary to use a thermometer and journal to keep track of ovulation. Apple Watch is far more convenient and more accurate.

If your iPhone is on iOS 16 and your Apple Watch uses watchOS 9, your Apple Watch can detect deviations in your menstrual cycle too. This can be indicative of serious medical conditions such as fibroids, thyroid disorders or PCOS. Like all Apple gear, the Apple Watch and iPhone's Health app keep this information extremely private, but it's there to share with your healthcare provider if you wish.



Ovulation Date Estimated
It's likely you ovulated on Friday, September 2, 2022.



Possible Cycle Deviation
If your cycle history is accurate, it shows an unexpected pattern.

By tracking wrist temperature, it's possible to retrodict when ovulation occurred. Great news if you're planning a family.

Unexpected patterns in cycle history can be detected too, as long as you're on iOS 16 and watchOS 9.

Prices and Release Date

The Apple Watch Series 8 and Apple Watch SE are on sale now, at the following prices:

Apple Watch Series 8
From £419/$399/499 €

Apple Watch SE
From £259/$249/299 €

A New Apple Watch SE

As well as the Series 8, Apple has also released a new SE model. It uses the S8 SiP advanced dual-core processor, the same chip as the Apple Watch Series 8, making it 20% faster than the previous generation. It features the same Crash Detection features as the Series 8, and also offers international roaming.

Apple Watch SE features a redesigned matching back case made of a nylon composite material, making it lighter than ever. Apple Watch SE is available in 40mm and 44mm aluminium cases, in midnight, starlight, and silver finishes, and is compatible with all bands.

The back of the Apple Watch SE has been redesigned.

Apple Watch Ultra

Explorers, adventurers and extreme sports enthusiasts rejoice! There's an Apple Watch just for you.

Before Apple's autumn line-up was revealed, it was rumoured that a new, pro version of the Apple Watch would be announced. And it was. Completely redesigned and built from aerospace grade titanium, Apple Watch Ultra takes the smartwatch's exercise and exploration features to the next level. If you enjoy being off the grid hiking across the moors, climbing a mountain range or scuba diving in a lake or the sea, Apple Watch Ultra is for you.

Built to Last

Apple Watch Ultra has been completely reimagined to create the most rugged Apple Watch ever. The titanium case strikes a balance between weight, durability and corrosion resistance, and it also protects the flat sapphire front crystal covering the screen from edge impacts.

The display is the biggest (49mm) and brightest yet seen in an Apple Watch, making it readable even in harsh sunlight or underwater. There's a new button too. The Action Button is found opposite the Digital Crown and the Side Button, and is coloured orange to make it easily visible. It's customisable, giving access to a function of your choice. The Digital Crown has a larger diameter and courser grooves, and the side button sits proud of the case. These revamped controls are designed so you can use them without removing your gloves when in harsh conditions.

Cellular connectivity is built into every Apple Watch Ultra too, and the GPS capabilities have been improved. Its dual-band L1+L5 GPS system is the most accurate in any smartwatch, and even works in the mountains or among city skyscrapers, where a regular device's signal might be blocked.

Designed to work in harsh conditions, the Ultra can handle temperatures from -20°C to 55°C, So whether you're in the arctic or the desert, your watch can manage just fine.

A lip in the titanium case protects the crystal from side impact.

The Action Button is found on the opposite side of the watch to the Digital Crown and the Side Button, and is easy to find with your finger.

Audio Action!

The Apple Watch Ultra's audio capabilities have also been enhanced. For extra volume, a second speaker has been added. Three microphones and advanced software make sure your calls are clear, even when it's blowing a gale.

If you get into trouble, it also offers an 86-decibel siren. Its unique sound pattern can be heard from up to 180 metres away. Just the thing if you've been cut off from your group, and you can't find them.

The Apple Watch Ultra adds a second speaker and a three mic array for great all-round audio.

10:09
Siren
75% Battery
SOS
EMERGENCY CALL

The 86 decibel siren could be a lifesaver if you get seperated from a group or stuck somewhere

Battery Bonanza

The Ultra model has the biggest battery of any Apple Watch, lasting up to 36 hours. Later this autumn, a new battery optimisation setting could extend this to up to 60 hours.

UVI 5
52
61°
315°NW
54
65 FT
NE 5 MPH
JUST UPDATED

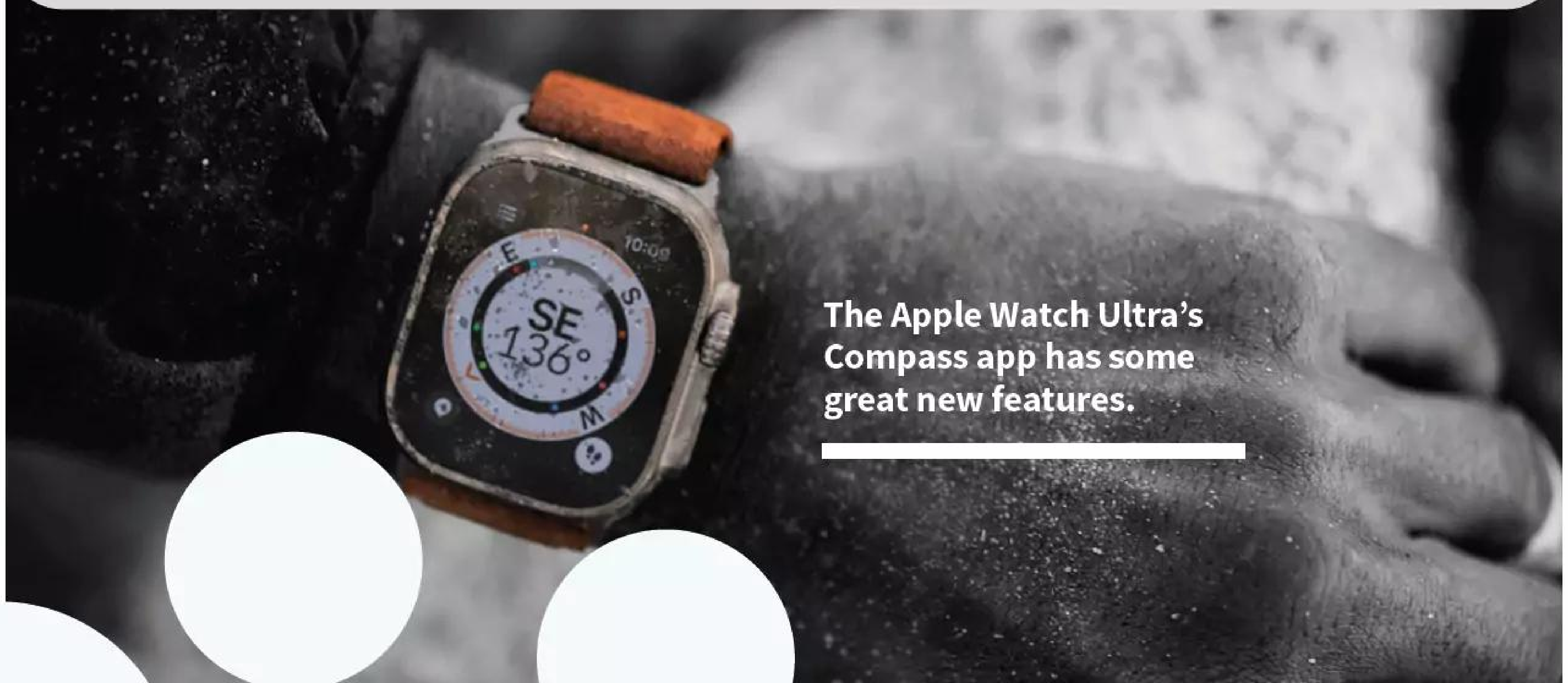
The Wayfinder Face

A great new Apple Watch face has been created to take advantage of the new hardware capabilities of the Ultra. It's the most technically advanced face yet designed for an Apple Watch. It includes a compass in the dial, and can be customised for the mountain, ocean or trail.

The Wayfinder face also has a Night Mode. By rotating the crown, the watch face turns black with red details, making it very easy to use in low light conditions.

The Wayfinder face includes a compass, and can be configured for various adventure activities.

In low light conditions, Night Mode makes the Wayfinder face much easier to use.



The Apple Watch Ultra's Compass app has some great new features.

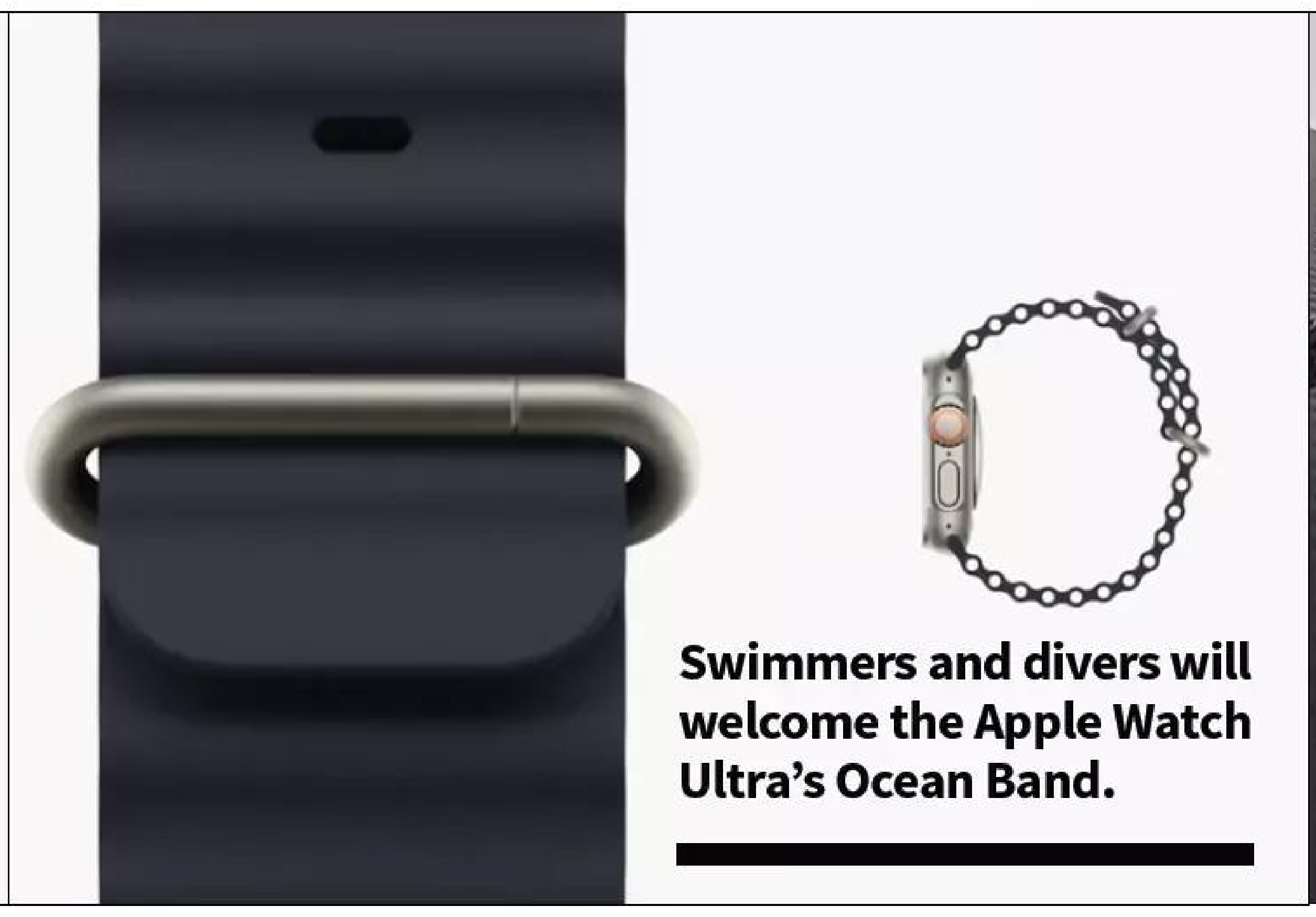
Battle of the Bands

The Apple Watch Ultra is designed for extreme activities, and built to cope with extreme conditions. Two new straps have been designed to make sure it stays in place at all times. For explorers, there's the Alpine Loop, with a titanium g-hook that securely fastens through reinforced top loops. The Ocean Band is, as you'd imagine, designed with divers and swimmers in mind. Molded from fluoroelastomer rubber, it has a rugged titanium buckle to keep it secure.

Finally, the Trail Loop is made with endurance athletes in mind. It's lightweight textile offers increased elasticity to maintain a snug fit. It's secured with a velcro fastening, and features a convenient tab for making quick adjustments.

The Trail Loop is built for endurance athletes, and is perfect for runners.

The Alpine Loop band is tough and rugged, and is designed for explorers.


Swimmers and divers will welcome the Apple Watch Ultra's Ocean Band.

New Apps & Workouts

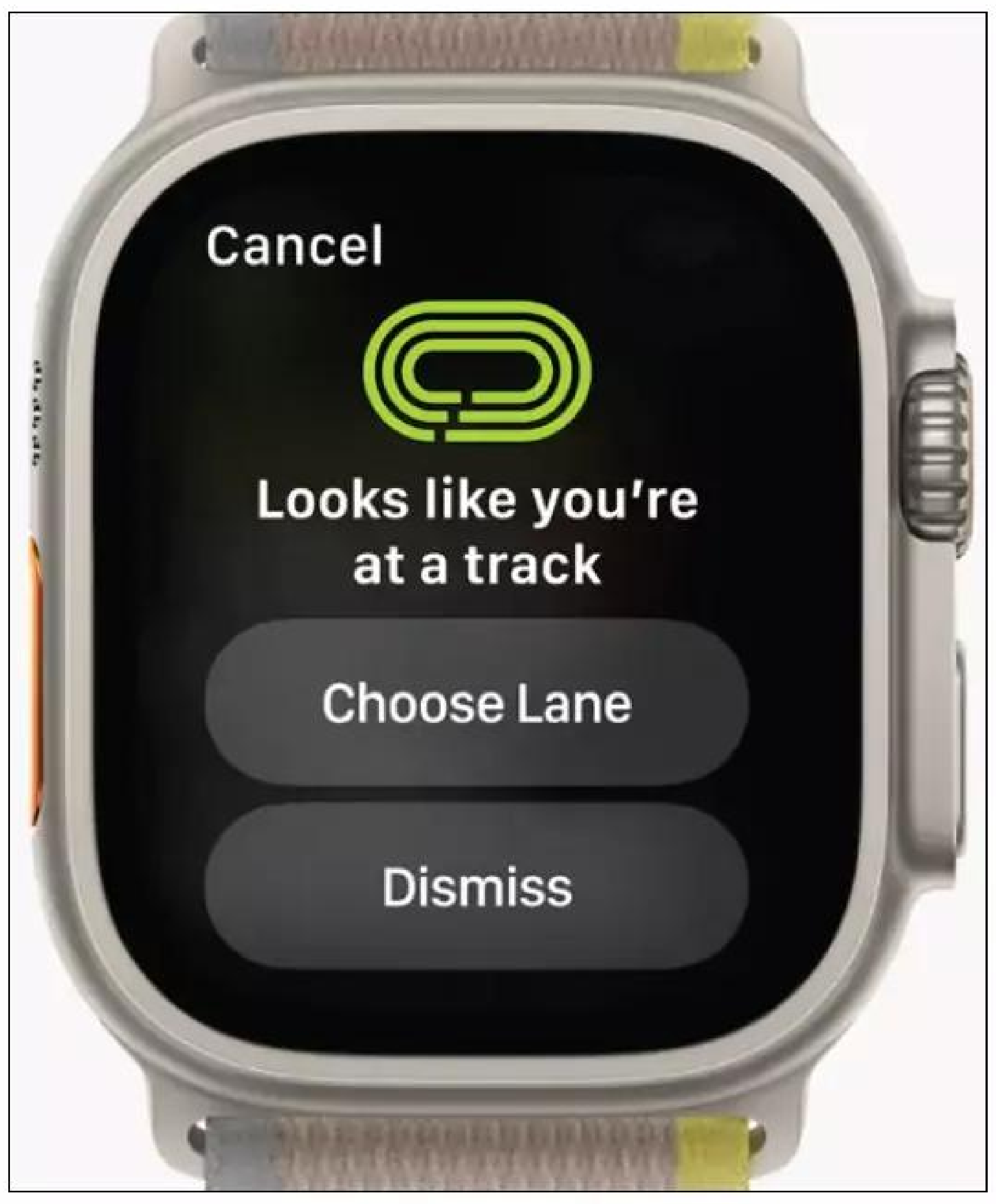
The Apple Watch Ultra gives 'new metrics, views and experiences' for workouts, such as vertical oscillation, heart rate zones and custom workouts. The new Action button can be used to start your workout, making for a more accurate start, and if you're performing more than one sort of exercise – perhaps in a triathlon – it also lets you transition from one type of workout to another, and mark a segment, such as the end of a lap for lap times. A feature to detect when you're on a running track is to be added later this year too.

The Compass app has been beefed up, with new precision views and added capabilities. And for divers, there's a brand new app. Oceanic+ gives you all the features of a dive computer, right there in your watch. It includes a dive planner, which automatically calculates depth and time and takes local conditions such as tides and water temperature into account. It also includes all the expected safety warnings, such as decompression limit, excessive ascent rate, and Safety Stop guidance.

When submerged, the Ultra automatically launches the new Depth app, giving you accurate readings about how deep you're going, underwater time and water temperature.

10:09
65FT
17:22
54°
90 FT
The Depth app is great for divers and other water sports enthusiasts.

The Oceanic+ app turns your watch into a fully featured diving computer.

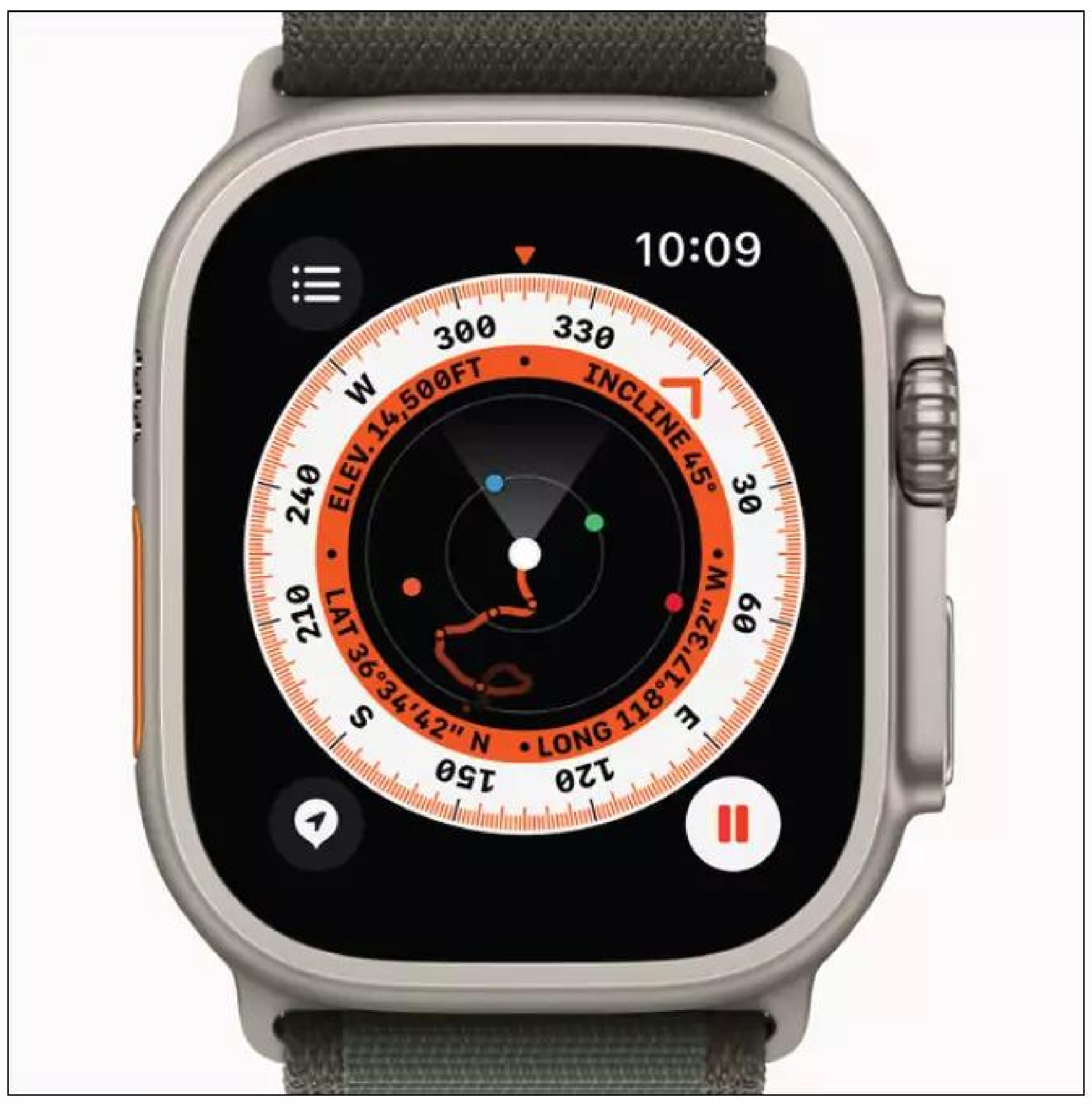

Cancel

Looks like you're at a track

Choose Lane

Dismiss

Later this year, Apple Watch Ultra will be able to detect when you're running on a purpose-built track.



The Ultra's improved Compass app's orientation view, including waypoints.

Price and Release Date

Apple Watch Ultra is out now, and costs £849/$799/999 €

Series 7 Watch Explained

If you're planning to get an Apple Watch Series 7, there are several models to choose from, and a great range of straps too. Here we take a look at the four watch collections, the case colours and materials they come in and the straps you can add too. They're all Series 7 watches, with the technology this implies; here we're looking at the fashion, not the tech.

Watch

42mm, from: £369/$399/429 €
45mm, from: £399/$429/459 €

The Apple Watch collection is the 'regular' range of the System 7 Apple Watch. It's available in two case materials; aluminium, and the more expensive stainless steel. The aluminium model comes in five colours; Blue, Midnight, Starlight, Green and Red. If you opt for a stainless steel model, you can choose between silver, gold and graphite colours.

There are five strap options with the aluminium case; Solo Loop, Braided Solo Loop, Sport Band, Sport Loop and Leather. With the stainless steel case, you can opt for a Solo Loop, Braided Solo Loop, Sport Loop, Leather or Stainless Steel.

Watch Nike

42mm: £369/$399/429 €
45mm: £399/$429/459 €

The Nike branded Apple Watch is very similar to the regular Apple Watch. There's only one case material on offer; if you want a Nike Apple Watch, it has to be aluminium. Only two finishes are available too, namely the Midnight and Starlight colours. However, its two straps are exclusive variations on the Sport Band and Sport Loop. The Nike Sport Band is the same silicon design as the regular version, but it features a perforated design with a contrast colour. The Nike Sport Loop is made from a breathable nylon weave, featuring the iconic Nike swoosh logo, in colours exclusive to Nike.

The Nike Apple Watch also features an exclusive Nike-branded watch face, which is unavailable in other collections. It's called the Bounce face, and it does exactly that, reacting to your motion as you exercise. You can customise it with various colours and gradients too.

Watch Hermés

42mm, from: £1.179/$1.229/1,299 €
45mm, from: £1.229/$1.279/1,349 €

If you're really fashion-conscious, take a look at the Apple Watch Hermés collection. They're not cheap – every single model costs four figures – but they come with an exclusive strap not available in any other Apple Watch collection, and also have an equally-exclusive Hermés watch face.

All Apple Watches in the Hermés collection are made of stainless steel, and two finishes are available; Silver and Space Black. There's a wide variety of nylon and leather straps, including several that are 'double tour' (that is, they go around your wrist twice), and various colours of 'Circuit H' straps that perfectly match the exclusive Hermés Apple Watch face.

Watch Edition

42mm, from: £699/$799/829 €
45mm, from: £749/$849/879 €

The Edition tier, originally used for Apple's weak-selling 18-carat gold range that cost five figures, was brought back for the premium range in 2019 with Series 5 Apple Watches. Apple's premium watch collection is now made from a titanium case. This is exceptionally strong and lightweight, with a special surface coating that resists stains and fingerprints and preserves the natural brushed finish. You can get it in two case colours; Space Black and Titanium.

There are four strap designs on offer with the Apple Watch Edition; Solo Loop, Braided Solo Loop, Sport Loop and Leather. As with all Apple Watch straps, they're available in a range of colours.

The Cellular Option

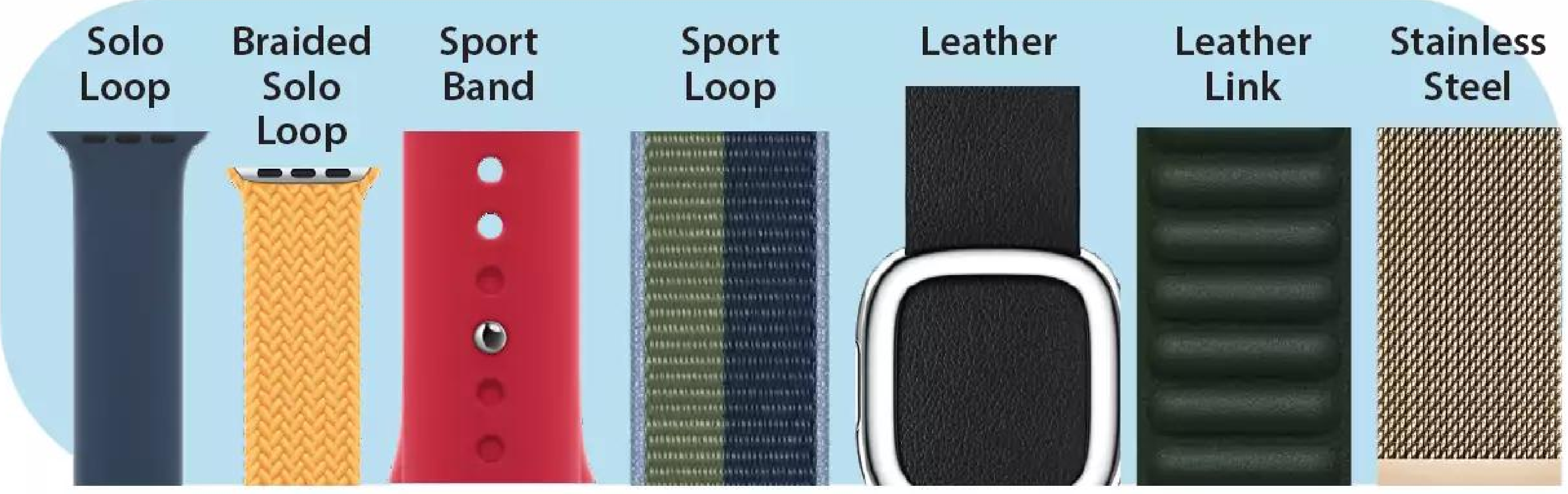
If you spend a little more on your Apple Watch, you can get one with cellular connectivity as well as GPS. This means it connects directly to your mobile network instead of having to go through your iPhone. You can go jogging, swimming or to the gym and leave your iPhone at home, but still receive messages and phone calls.

Mix & Match

If you order online through the Apple website, or buy from an Apple Store, you can mix and match your Apple Watch and its strap. You get to choose the size of your Apple Watch, its case material, the colour of your watch case and the colour and design of your strap; your own custom Apple Watch. To choose your design online, go to https://apple.co/3BLDEID.

All the Straps

This is the range of straps available for the Apple Watch Series 7. Not all straps are available for all collections (unless you mix and match), but most straps are available in a multitude of colours. The Nike and Hermés models have their own exclusive straps, which aren't listed here.



Choosing Your Watch

There are three other models of Apple Watch currently on sale. The latest release is the Series 8, but you can also buy the Apple Watch SE, Series 7 or Series 3.

Watch Series 7

Released: October 2021

Price from
41mm: £369/$399/429 €
45mm: £399/$429/459 €
Cellular models also available for £100/$100/100 € extra.

You can choose from an aluminium, stainless steel or titanium case, with a wide range of straps available. For health and wellness there are Blood Oxygen and ECG apps, and you're sent notifications if your heart rate goes too high or two low, or irregular rhythms are detected. You can call an emergency number directly from your watch, including internationally, and it can detect if you've had a fall or ambient noise levels are dangerously high. Processing power is supplied by an S7 system-on-a-chip. Other technology includes haptic feedback - including on the digital crown, an always-on altimeter and a second-generation speaker and mic. There's a compass feature to help you find your way around, and the watch is water resistant to up to 50 metres.

Ideal for: Keep fit enthusiasts, swimmers and those who like to keep their Apple Watch at the cutting edge of wearable technology.

The Series 7 has the best Retina screen ever found on an Apple Watch. It has a resolution of 396 x 484 or 352 x 430 pixels, depending on the face size; and the bezel is just 1.7mm. The display is always on, so you can see the time from any angle, but becomes brighter when you lift your wrist to look at it.

Watch SE

Released: September 2020

Price from
40mm: £249/$279/299 €
44mm: £279/$309/329 €
Cellular models also available for
£50/$50/50 € extra.

The Apple Watch SE was released in 2020, alongside the Series 6 model. It was intended as a lower-cost watch for those who wanted Apple's awesome wearable, but balked at the price of the main release.

It comes in 44mm or 40mm case sizes, and has a Retina display that has a resolution of 368 x 448 or 324 x 394 pixels, with a 3mm border around the edge. That's over 30 percent larger than Apple Watch Series 3, but smaller than the Apple Watch Series 7. It's not always-on; the watch face is only visible when you raise your wrist or tap the crystal. Available in Space Grey, Silver or (exclusively) Gold aluminium casings; plus a range of straps are available. The SE can give notifications of high, low and irregular heart rates, but lacks the Series 7's Blood Oxygen and ECG apps. It has the same emergency call, noise warning and fall alert features as the Series 7, but its S5 system-on-a-chip isn't as powerful. It shares the Series 7's always-on altimeter, second-generation mic and speaker, Compass app and haptic feedback, including the Digital Crown.

Ideal for: Those who like a gold finish and people who want an Apple Watch but are a little reluctant to pay the higher price of the Series 7.

Watch Series 3

Released: September 2017

Price from
38mm: £179/$199/219 €
42mm: £209/$229/249 €
Cellular version not available.

First released in 2017, the Series 3 is the cheapest of the three Apple Watches currently on sale. Choose between a 38mm or 42mm case, with a 312 x 390 or 272 x 340 pixel resolution, and a 4.5mm bezel around the edge. Like the SE, only an aluminium case is available, in silver or space grey finishes, and unlike the Series 7 or SE, no cellular model is available. The alerts for high, low and irregular heart rates are there, as is local emergency calls from your phone, but international emergency calls, fall detection and noise detection are not.

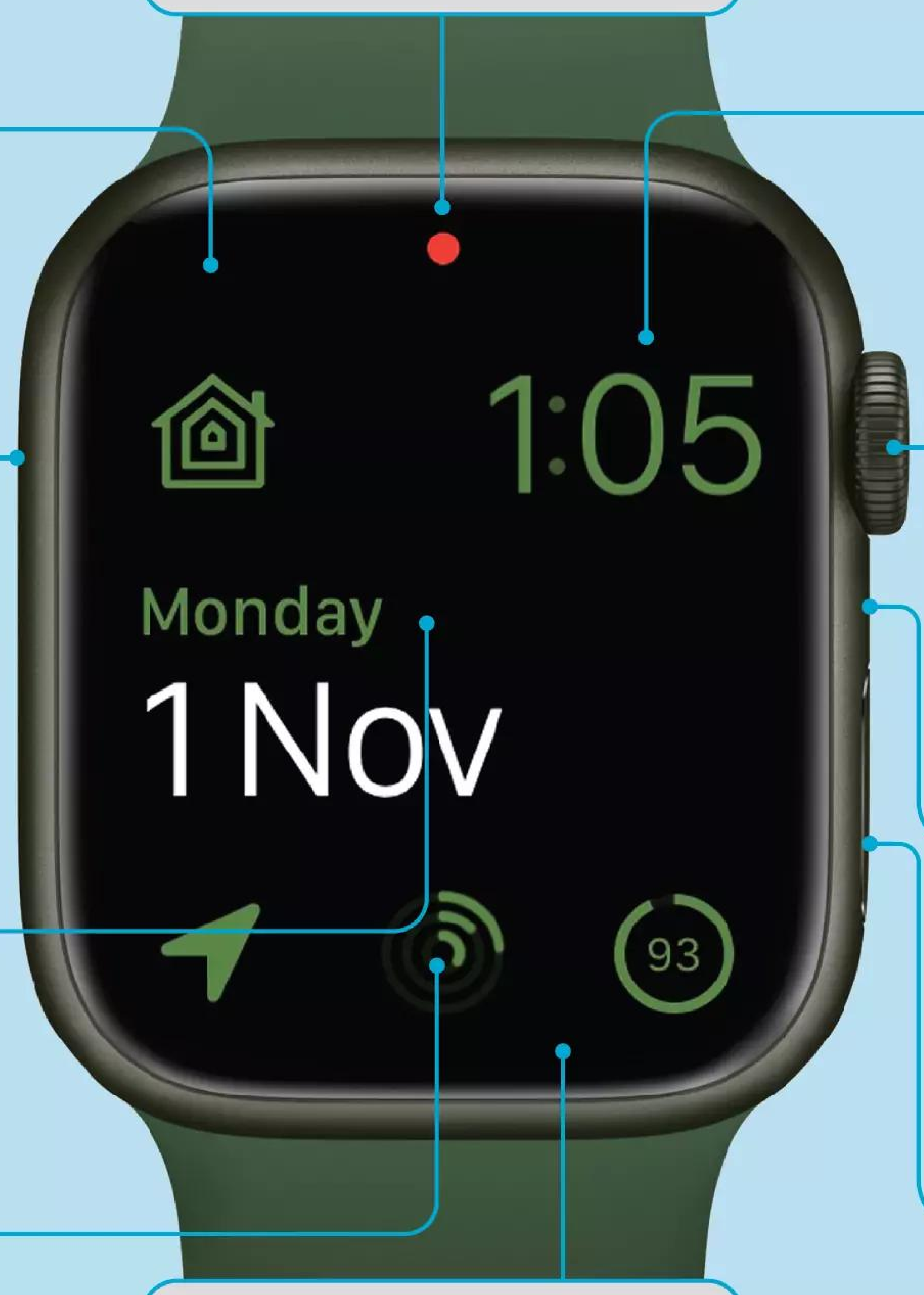
The Series 3 watch has a dual core S3 system-on-a-chip processor. There's no haptic feedback on the Digital Crown, and no compass app. It has an altimeter, but it's not always-on like those in the other two models, and it has a speaker and mic but they're first-generation, not second. If you're a keen swimmer, the Series 3 is, like the Series 7 and SE models, waterproof up to 50 metres.

Of course, the most attractive feature of the Apple Watch Series 3 is its low price. It's the cheapest way to own an Apple Watch by some distance, and is almost half the price of the Series 7. If it has the features you're interested in, it's a bargain.

Ideal for: Those who feel they want a cheaper Apple Watch that's still very capable and still looks great.

What's Where on Your Watch

The controls on your Apple Watch are fairly straightforward, with two buttons on the right of the casing and a new, stronger Force Touch crystal covering the screen. But there's more to the hardware than just the buttons.



Unopened Notifications

A red dot at the top of the screen indicates you've received a notification on your Apple Watch, but not yet seen it. Swipe the screen down to review your notifications.

Tap Top Left

In many places on the Apple Watch you can tap the top left corner of the screen to go back to the page you just left. This is a very important gesture, so remember it well.

The Speaker

Your Apple Watch's speaker is found on the left-hand side of the casing. It's used for features such as phone calls and alerts.

Force Touch

The watch screen is touch sensitive and it can differentiate between a tap and a press. This is an important feature you need to get used to when using your Apple Watch.

Complications

Customisable complications add more information to your watch screen. You can also access the app that produced this information by tapping on its complication.

The Time

The current time can be shown in various ways, depending on the watch face you choose. Here it's a digital display but it can also be a traditional analogue face.

Digital Crown and Home Button

This is both a button and a dial. Press it to get to and from the Home Screen, where you choose an app to use. Roll it for features that require scrolling such as menus.

Microphone

Your Apple Watch's microphone, used for phone calls, recording and more, is here, between the Digital Crown and the Side Button.

Side Button

Press this button to go to your Friends screen, where you're given quick and easy access to your favourite contacts. Press and hold it to power off the watch too.

Retina Screen

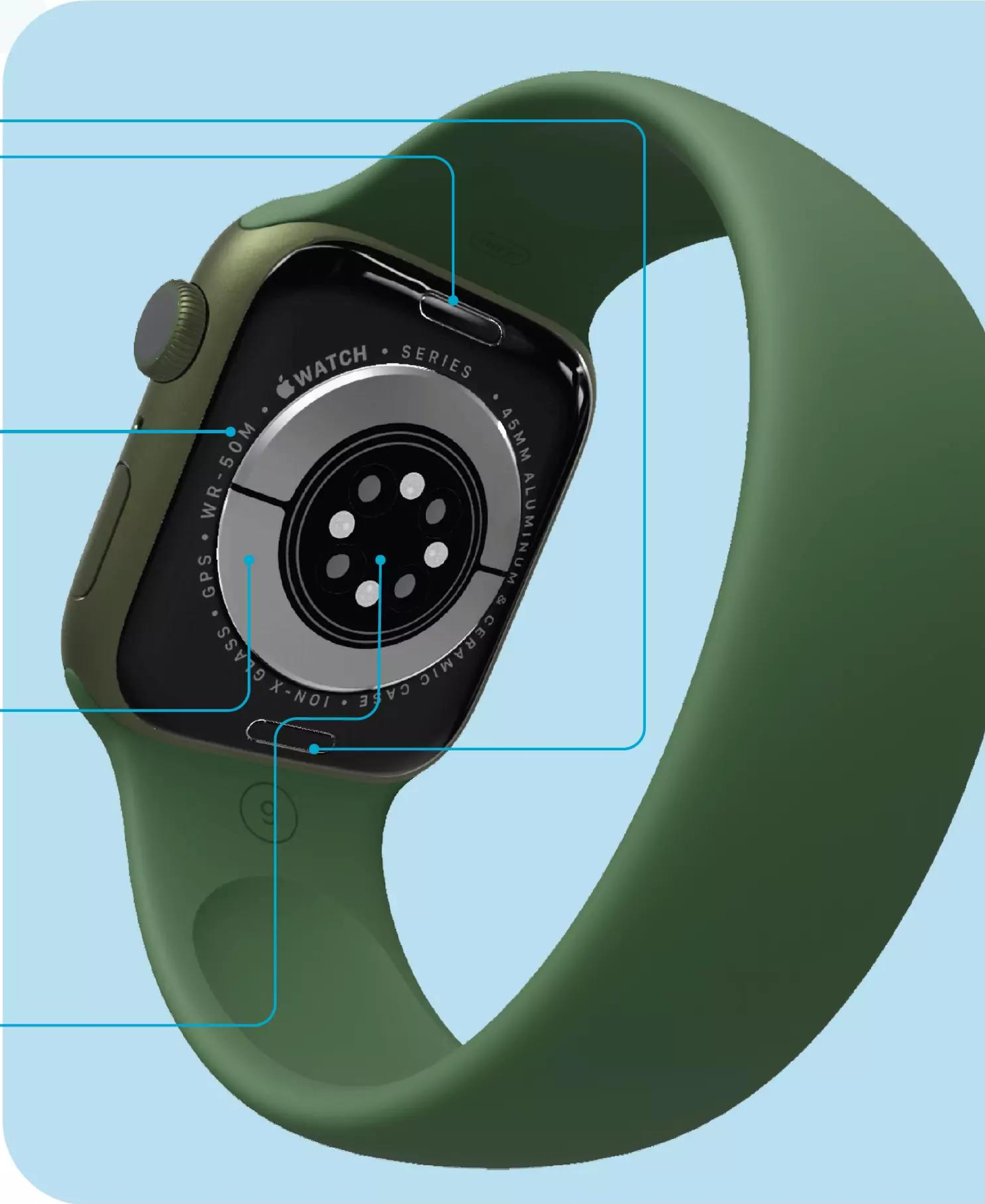
Apple Watch boasts a retina screen, that is, one that's so high-resolution you can't identify individual pixels at the usual viewing distance. It looks really sharp.

Strap Release Buttons
Press one of these buttons down with your thumbnail and you can remove the strap by sliding it left and right. To replace it, just slide it back in without pressing the button.

Information
Details about your watch, such as its series and size, are written around the sensors.

Electrical Heart Sensor
The Electrical Heart Sensor and the ECG app can take an electrocardiogram, or ECG, giving you invaluable information on the health of your heart.

Blood Oxygen and Optical Heart Sensor
The Blood Oxygen Sensor measures the percentage of oxygen your red blood cells carry from your lungs to the rest of your body. The Optical Heart Sensor checks your heart rate.


WATCH • SERIES • 45MM ALUMINUM & CERAMIC CASE • ION-X GLASS • GPS • WR-50M

Watch Tech:
The Taptic Engine

At the heart of the Apple Watch is Apple's innovative Taptic Engine. In a nutshell it's a linear actuator that produces haptic feedback. This is what gives you that little vibration buzz on your wrist when a notification comes in. Open the Watch app on your iPhone and go to My Watch > Sounds & Haptics and you can configure it to suit your needs too. You can also switch it off altogether if you really don't like it but you'll probably find it a very useful feature on your technology packed Apple Watch.

TAPTIC ENGINE

The History of Watch & watchOS

Since it was first released in 2015, the Apple Watch has grown into the world's most popular piece of wearable tech. Here we trace the timeline of Apple's amazing smartwatch, and its feature-packed operating system, watchOS.

An Watch Timeline

From the original Apple Watch, released in April 2015, to the very latest Series 8 models, which launched in September 2022, the Apple Watch has grown more powerful with every release. Let's take a look.

First Generation: 24th April, 2015

Launch OS: watchOS 1.0
Last OS: watchOS 4.3.2

The first Apple Watch, which is sometimes referred to as the Series 0, came in two sizes; 38mm and 42mm. There were three versions; the Everyman, which featured a stainless steel body, the Sport version, made of aluminium and the 18-carat gold Apple Watch Edition. All three versions were based around an Apple Silicon single-core S1 system-on-a-chip, with a Taptic Engine that made it vibrate when notifications were received. It had a heart-rate sensor, but no GPS chip; it used the iPhone for location services. Its 8GB capacity allowed the user to store up to 2GB of music and 75MB of photos.

Second Generation, Series 1 & 2:

16th September, 2016

Launch OS: watchOS 3.0

Last OS: watchOS 6.3

In 2016, Apple released two new Apple Watches, which were known as the Series 1 and the Series 2. The main difference between them was the Series 2 had a GPS receiver built in, so you could track your location without having your iPhone with you. Just the thing for joggers who didn't want to carry a phone with them when on a run. The Series 2 also introduced water resistance. It was safe to use up to a depth of 50 metres, and gave us Swimming workouts. Both watches used the Apple S2 processor, and had 18 hours of battery life, though the Series 2 screen was twice as bright as that on the cheaper Series 1 watch.

Series 3:

22nd September, 2017

Launch OS: watchOS 4.0

Last OS: Runs latest version of watchOS

With the third generation of Apple Watch, Apple settled on annual releases in September and Series [X] as their official name. The Series 3 model's key selling point is the option of buying a cellular version, which could connect to the Internet using mobile data, and could therefore be used for messages, phone calls, streaming music and more without having an iPhone nearby. The cellular model used an eSim with the same phone number as the owner's iPhone. The Series 3 Apple Watch offered a dual-core S3 processor and Bluetooth 4.2 (upgraded from its predecessors' Bluetooth 4.0). Thanks to increased processing power, the Siri digital assistant could speak.

Alex Broa
MESSA
10
09
ME
2,264
T W T F

Series 4:

10th September, 2019

Launch OS: watchOS 5.0

Last OS: Runs latest version of watchOS

The Apple Watch Series 4 increased the screen sizes to 40mm and 44mm. As well as larger displays, they also had thinner bezels, so the on-screen visuals had even more room. It also moved to an electronic heart sensor (ECG), allowing you to check your heart rate at any time. It could also detect unusually high or low heart rates. Its new S4 64-bit dual-core processor doubled its predecessor's performance, and its storage was upgraded to 16GB. Wireless connectivity was through the new Apple-designed W3 chip, and haptic feedback was extended to the digital crown too.

Series 5: 20th September, 2019

Launch OS: watchOS 7.0
Last OS: Runs latest version of watchOS

WATCH
SERIES 5

The Apple Watch Series 5 made significant improvements on its predecessors. Its processor was the more energy-efficient S5 chip. It added a magnetometer to its range of sensors, which allowed the Series 5 Apple Watch to include a compass for the first time. The efficient processor also opened the door to another Apple Watch first; an always-on display, so you could check the time from any angle, without having to tap or raise your watch first. Storage was doubled to 32GB, and with International Emergency Calling, you could call the emergency number in your country directly from your watch.

Series 6 and SE: 15th September, 2020

Launch OS: watchOS 7.0
Last OS: Runs latest version of watchOS

The sixth generation of Apple Watch offered two models; the regular Series 6 and the lower-cost Apple Watch SE. The Series 6's S6 processor was up to 20 percent faster than the S4 and S5, and the always-on display was two and a half times as bright. It had a new optical heart rate sensor, and enhanced telecommunication technology. For the first time, it could connect to 5GHz Wi-Fi bands too. The cheaper SE model used the previous generation's S5 processor and the same optical heart rate sensor as the Series 5 watch. It also lacked an always-on display and 5GHz Wi-Fi.

Series 7:

15th October, 2021

Launch OS: watchOS 8.0
Last OS: Runs latest version of watchOS

The latest Apple Watch, the seventh generation release, launched in October rather than the usual September, probably because of the worldwide coronavirus pandemic and shortage of silicon chips. The cases have been enlarged again, and are now 41mm and 45mm. The display is around 70 percent brighter indoors and 20 percent larger, and a new, crack-resistant crystal makes it more robust too. A USB-C-based charger and upgraded electronics make it around a third faster to charge. Eight minutes of charging provides up to eight hours of sleep tracking. There's a new 'swipe' on-screen keyboard too.

ECG
10:09
Hold your fin
the crow
10:09
68 BPM
8sec
Try not to move
your arms.

Series 8, Apple Watch Ultra and SE 2nd Gen

16th September, 2022

Launch OS: watchOS 9.0
Last OS: Runs latest version of watchOS

31:47.01
209FT ELEV GAINED
361FT ELEV
10:09
Where should we go for a ride?
How about the riverfront?
68 BPM
Heart Rate
Activity
WED 7
10:09
Bad Bunny

We got three models of Apple Watch with the last update. Apple Watch Series 8 offers best-in-class health features, including an innovative temperature sensor that enables advanced features for women's health. Harnessing the power of the Apple Watch's new, more powerful gyroscope and accelerometer, the new Crash Detection feature identifies when you've been in a severe car crash and automatically makes an emergency SOS call. The Apple Watch Ultra is a new, premium model designed for adventurers and explorers. It's made from aerospace-grade titanium, and offers all sorts of features for the extreme sports-minded. Lastly, the Apple Watch SE brings you the power of the Apple Watch at a lower price.

A watchOS Timeline

Unsurprisingly, watchOS 1.0 launched with the original Apple Watch in April, 2015. Since then we've had regular updates to the Apple Watch's operating system, with the latest being watchOS 9.2. Let's look at its history.

1

• WatchOS 1.0:

24th April, 2015

The first release of watchOS launched with the original Apple Watch. It was based on iOS 8.2, and featured nine watch faces and 20 stock apps. On 19th May of the same year, version 1.0.1 brought a few new performance boosts, security improvements and support for new Emojis.

2

• watchOS 2.0:

21st September, 2015

Based on iOS 9.0, version 2.0 added time lapse and photo faces, new colours for customisation and Nightstand Mode. Other improvements include new Siri features, improvements to Maps and Music, and more. Several minor updates took us to watchOS 2.2.2 in July 2016.

3

• watchOS 3.0:

13th September 2016

We got a new Minnie Mouse face with watchOS 3.0. Tap it, and she reads the time. Also new were activity and numerals faces, new Complications for Apple's apps and for the first time, third-party Complications. Breathe app and Emergency SOS came with watchOS 3 too.

4

• watchOS 4.0:

19th September 2017

Support for iPhone 5 and iPhone 5C were dropped with this release, so if you had one of those models and wanted to update your watch, you had to upgrade your iPhone too. The Music app was redesigned, and the News app added . watchOS 4.3.2 is the last version that can be installed on a first-generation Apple Watch.

Activity
Alarms
Breathe
Calendar
Camera
Timer
Wallet
Weather
Workout
World Clock

5

• watchOS 5.0:

17th September 2018

Yoga and Hiking workouts were released with watchOS 5.0. A new Walkie-Talkie feature let you communicate with another Apple Watch owner through direct, watch-to-watch FaceTime Audio calls, and third-party apps were granted access to Siri. A hiccup with watchOS 5.1 caused it to be withdrawn when users reported it stopped their watches from working, but this was fixed with watchOS 5.1.1.

Podcasts
10:09
The Daily
The Daily Presents "C

6

• watchOS 6.0:

19th September 2019

Support for iPhone 5s, iPhone 6 and iPhone 6 Plus were dropped with watchOS 6, and support for the Apple Watch Series 1 and 2 ended with watchOS 6.3. The new operating system brought us a Cycle Tracking app for analysing menstrual cycles and fertility, and if you had a Series 4 watch or later, a new Noise app told you when the sound in your area was unhealthily high.

32
AQI
68°
RHUMBA LESSON
11:30AM
MON

7

• watchOS 7.0:

16th September 2020

watchOS 7 could be installed on an Apple Watch Series 3 or later, though the Series 3 watch couldn't use all its features. With this update apps could offer more than one Complication. Dance, Functional Strength Training, Core Training and Cooldown workouts were added, and Sleep Tracking used the watch's accelerometer to measure the quality of your sleep.

Dad
10:09
Add Face
Apple Watch
Hey Dad, made you this watch face!
Delivered

8

• watchOS 8.0:

20th September 2021

The eighth major release of watchOS features a redesigned Photos app which can show portrait photos from your iPhone. It's easier to share photos with Mail and Messages, and the Home app lets you view all your security cameras. If you have a compatible lock, you can store a digital key to your house in the Wallet app.

10:09
Mindfulness
Meditation
Fitness+
TUE 14
10:09

9

• watchOS 9.0:

16th September 2022

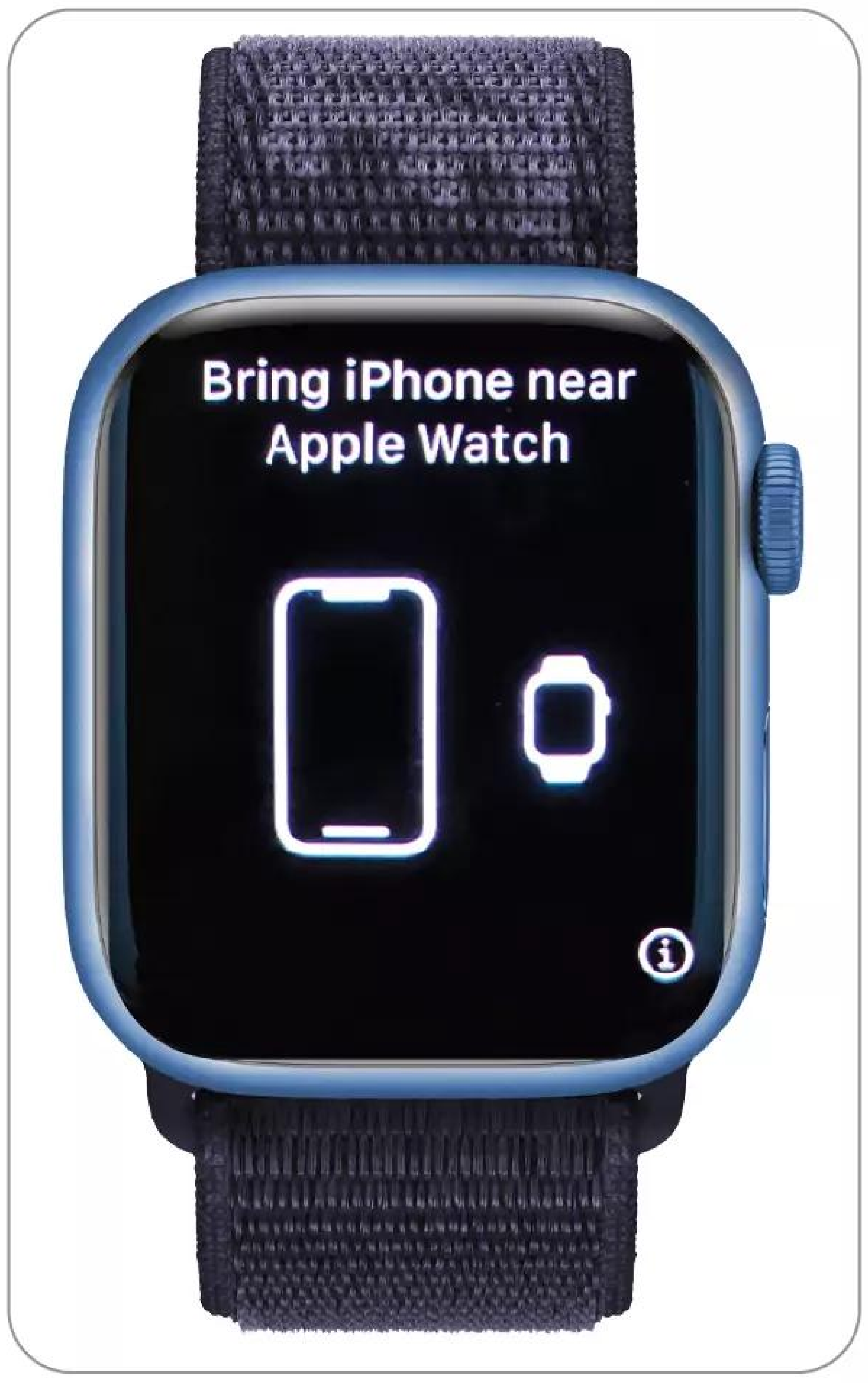
We got three models of Apple Watch with the last update. Apple Watch Series 8 offers best-in-class health features, including an innovative temperature sensor that enables advanced features for women's health. Harnessing the power of the Apple Watch's new, more powerful gyroscope and accelerometer, the new Crash Detection feature identifies when you've been in a severe car crash and automatically makes an emergency SOS call. The Apple Watch Ultra is a new, premium model designed for adventurers and explorers. It's made from aerospace-grade titanium, and offers all sorts of features for the extreme sports-minded. Lastly, the Apple Watch SE brings you the power of the Apple Watch at a lower price.

Getting Started with Watch

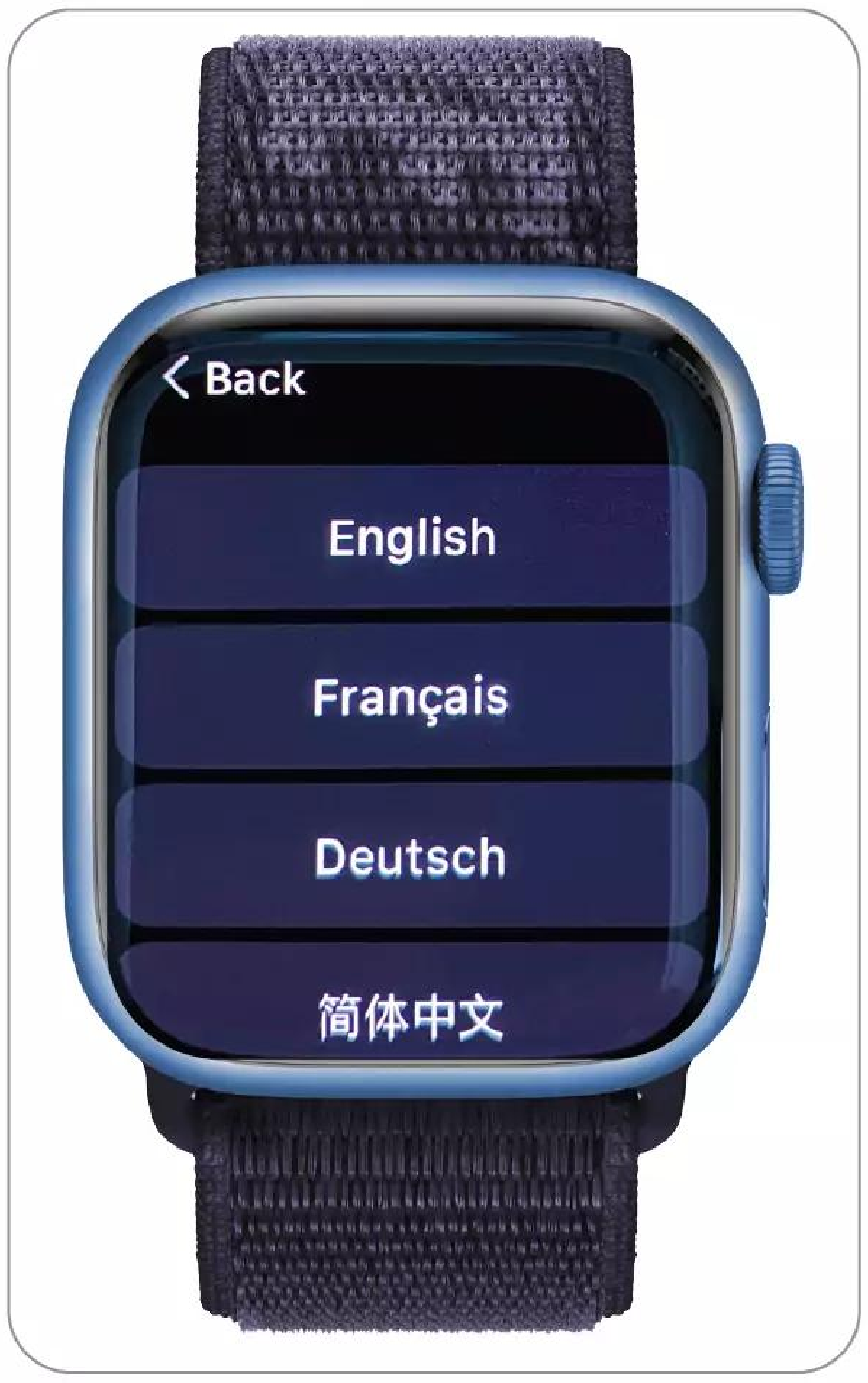
So you've left the Apple Store with your brand new Apple Watch tucked under your arm. But what do you do now? How do you pair your watch with your iPhone, set it up and get it ready for everyday use? Here we show you how to set it up out of the box. Here we take you through the stages of setting up your brand new Apple Watch, pairing it with a new iPhone and more.

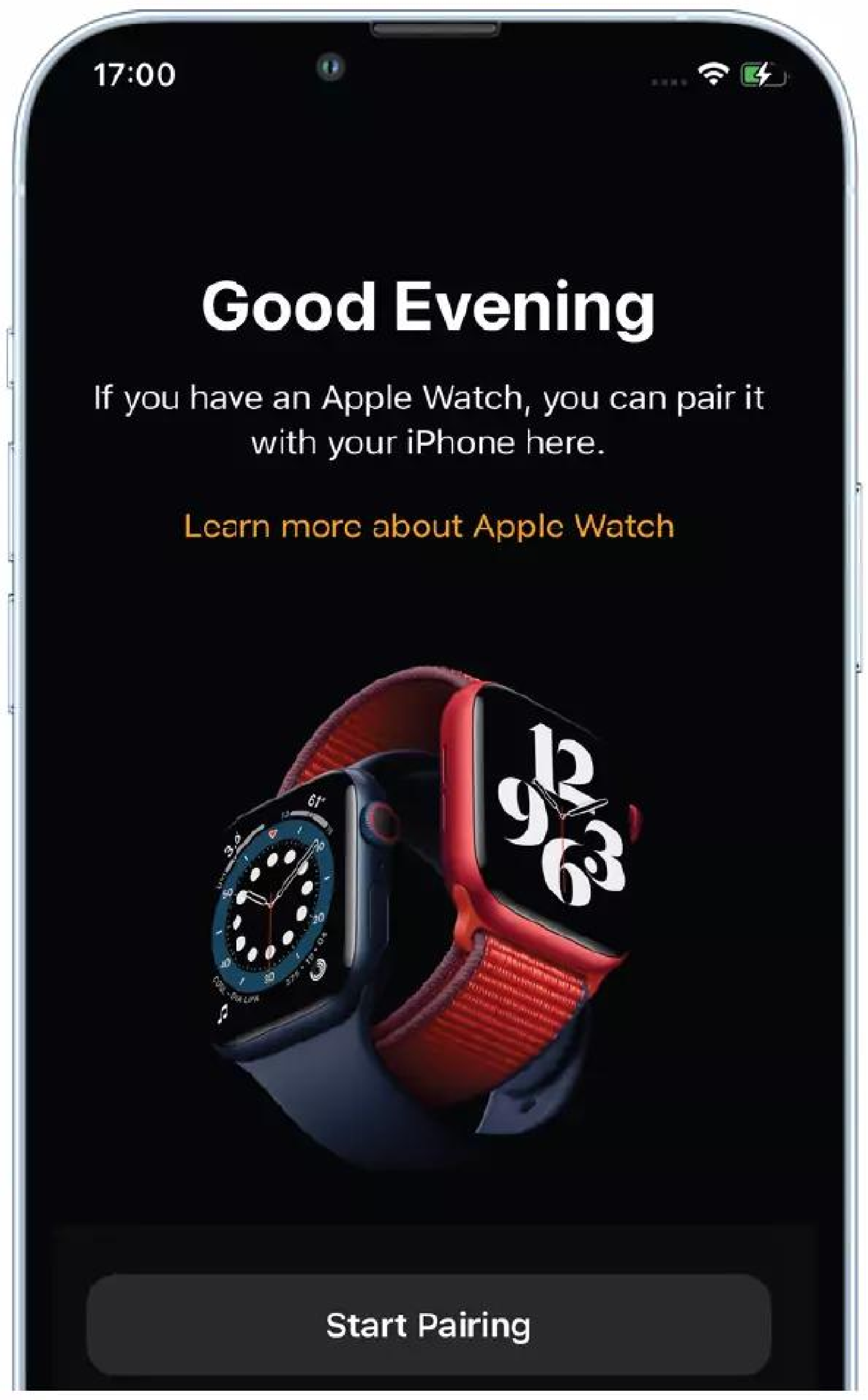
First-time Set-up with a New Watch

The latest Apple Watch range, the Apple Watch Ultra, Apple Watch Series 8 and Apple Watch SE 2nd Generation, require an iPhone 8 or later with iOS 16 or later. Older Apple Watches can get by with earlier iPhones.



Bring iPhone near Apple Watch





17:00

Good Evening

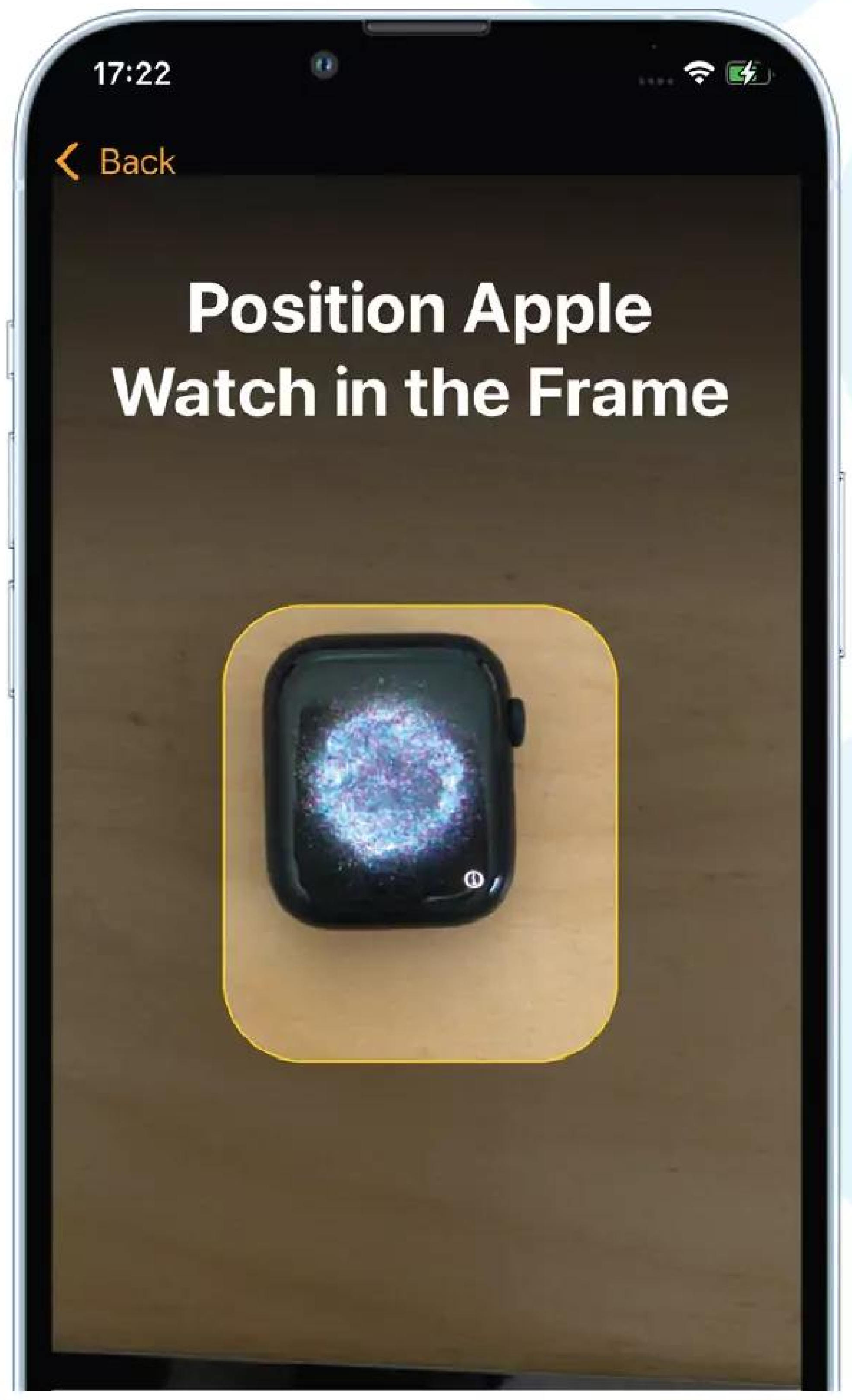
If you have an Apple Watch, you can pair it with your iPhone here.

Learn more about Apple Watch

1 If your watch is switched off, press and hold the side button to switch it on. It invites you to make sure your Apple Watch and iPhone are in close proximity. On your iPhone, open the Apple Watch app and make sure My Watch is selected at the bottom.

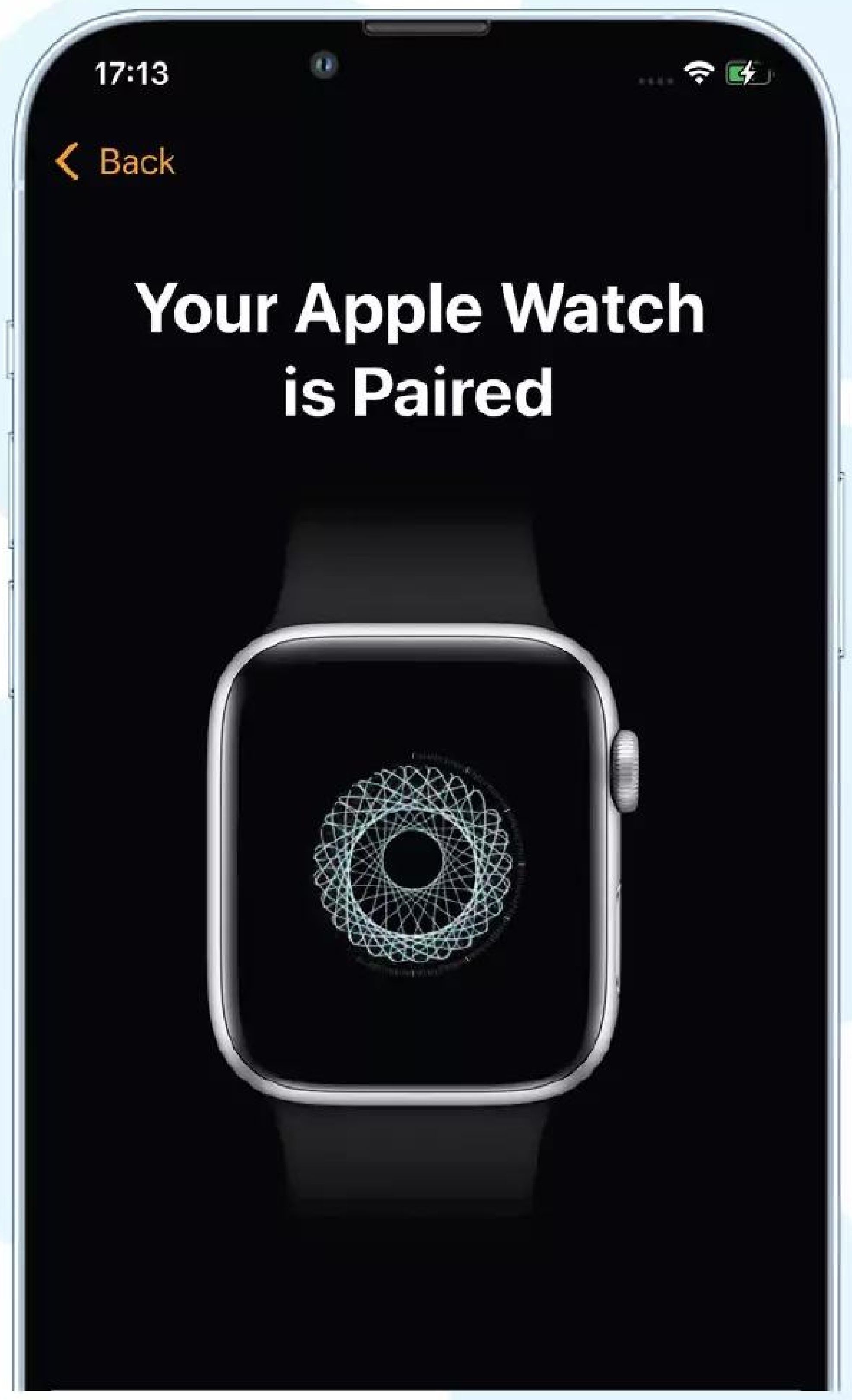
2 If you wish to choose a language at this stage, tap the 'i' in the circle, found in the bottom-right corner of the watch screen, and choose from the languages available. Scroll up and down the main list with the digital crown; just turn it to scroll through them.

3 On your iPhone, open the Apple Watch app, and make sure you're on My Watch, found at the bottom of the screen. Tap Start Pairing, then choose whether to set it up for you or a family member, (assuming you use Family Sharing on the iPhone).



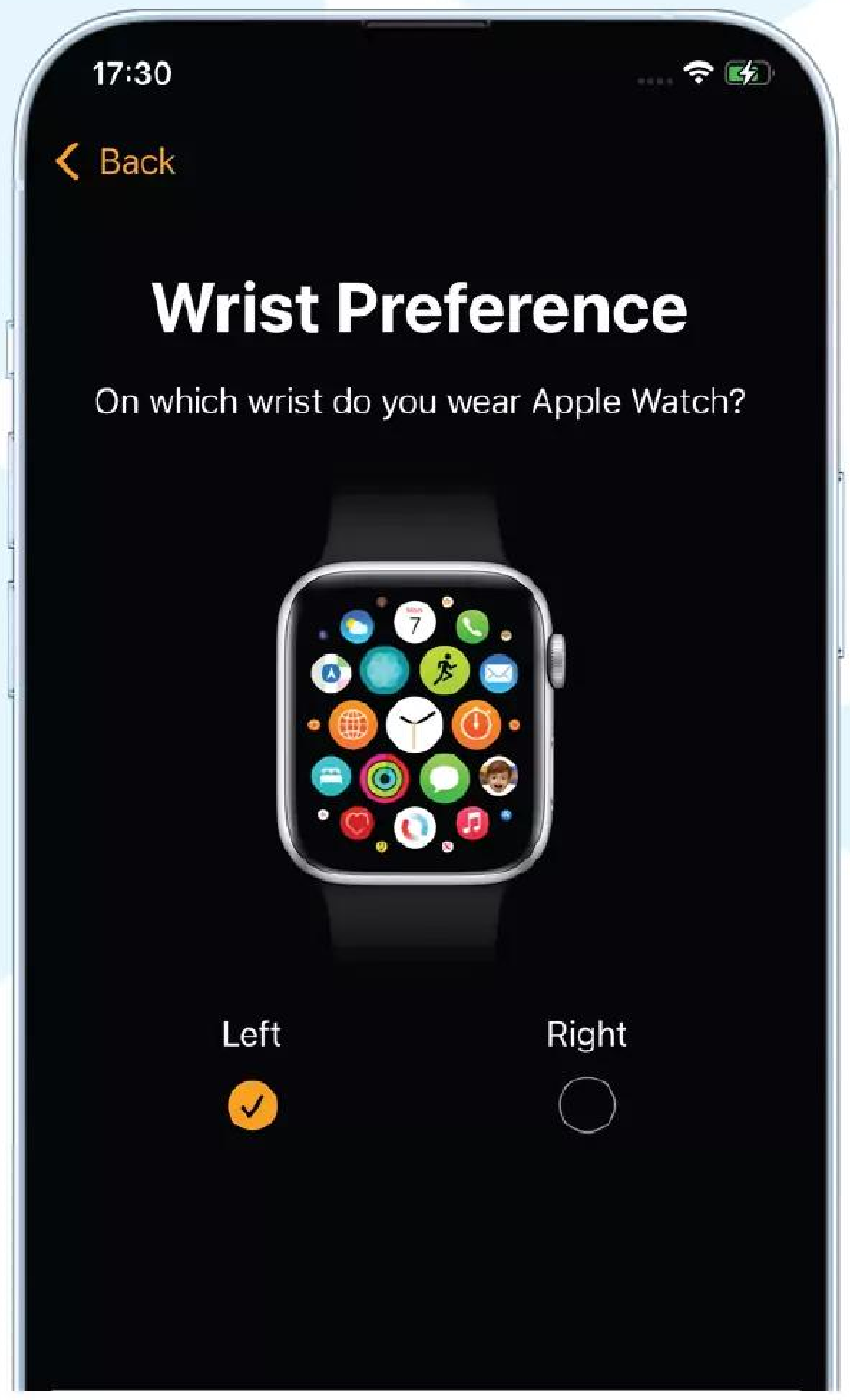
Position Apple Watch in the Frame

4 This is what you now see on your phone. You must hold it over your watch, which will show a swirling pattern. Keep the watch screen inside the yellow box on your iPhone screen. Hold it steady and keep it in place, and your devices are soon paired.



Your Apple Watch is Paired

5 If there's a software update available for your Apple Watch, you're invited to install it now. You can choose to do so, or do it later. You're then told your Apple Watch is paired. Tap the button that says Set Up Apple Watch, and you're taken through a few settings.

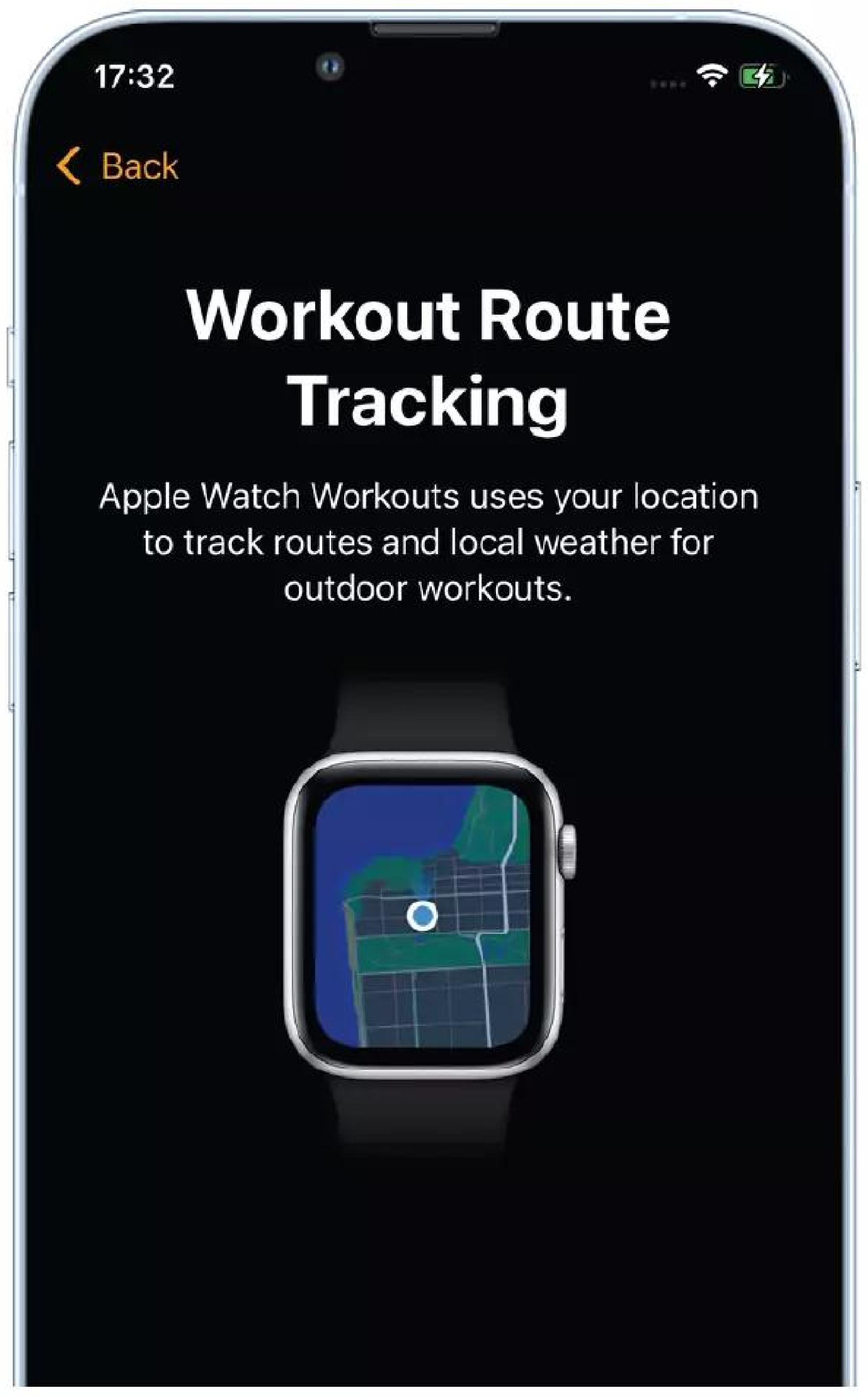


Wrist Preference

On which wrist do you wear Apple Watch?

Left ☑ Right ○

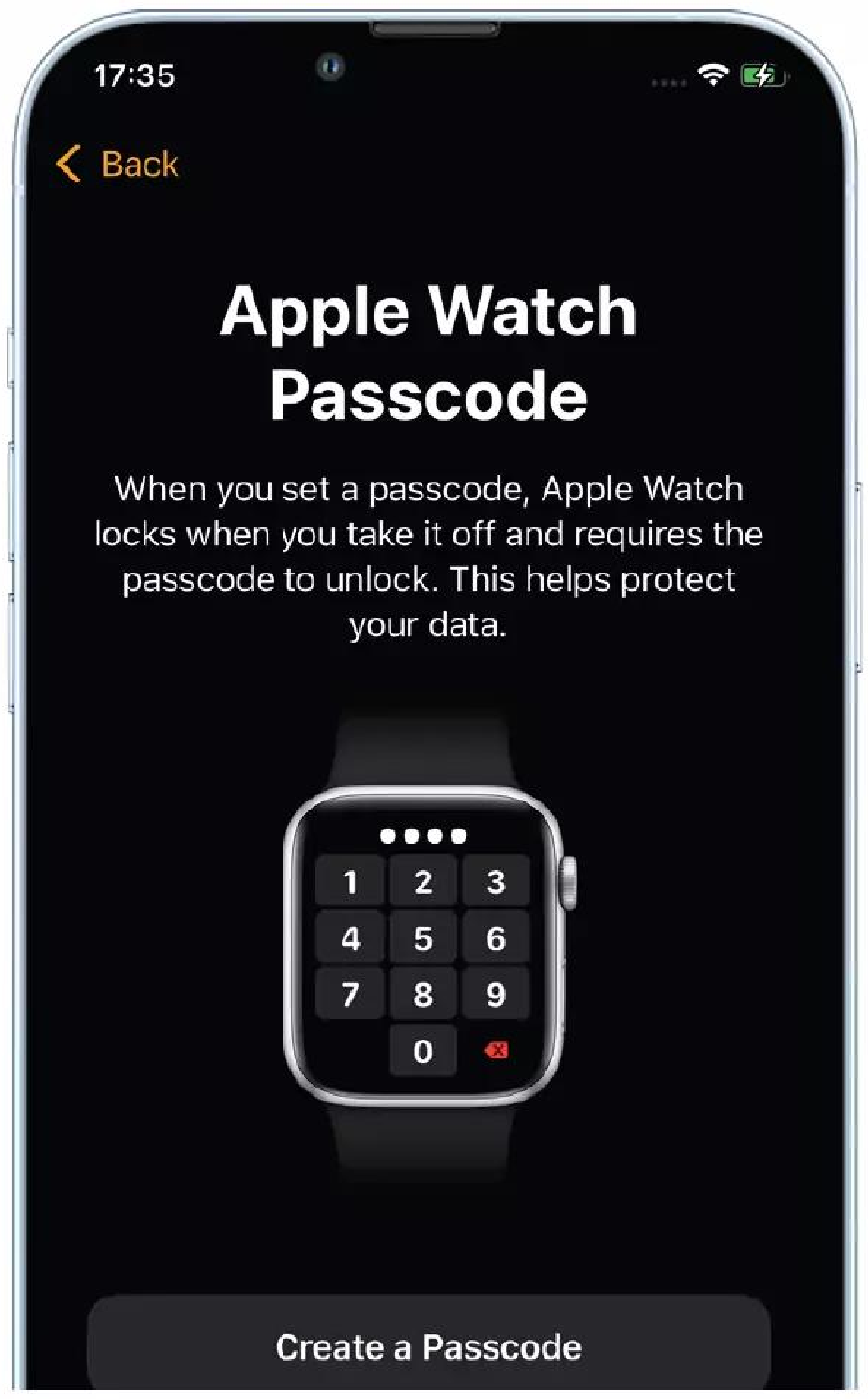
6 Follow the on-screen instructions and set the wrist on which you intend to wear your Apple Watch. Then you're shown the Terms and Conditions, which you must accept; tap Agree, then again in the pop-up window to move on to the next screen.



Workout Route Tracking

Apple Watch Workouts uses your location to track routes and local weather for outdoor workouts.

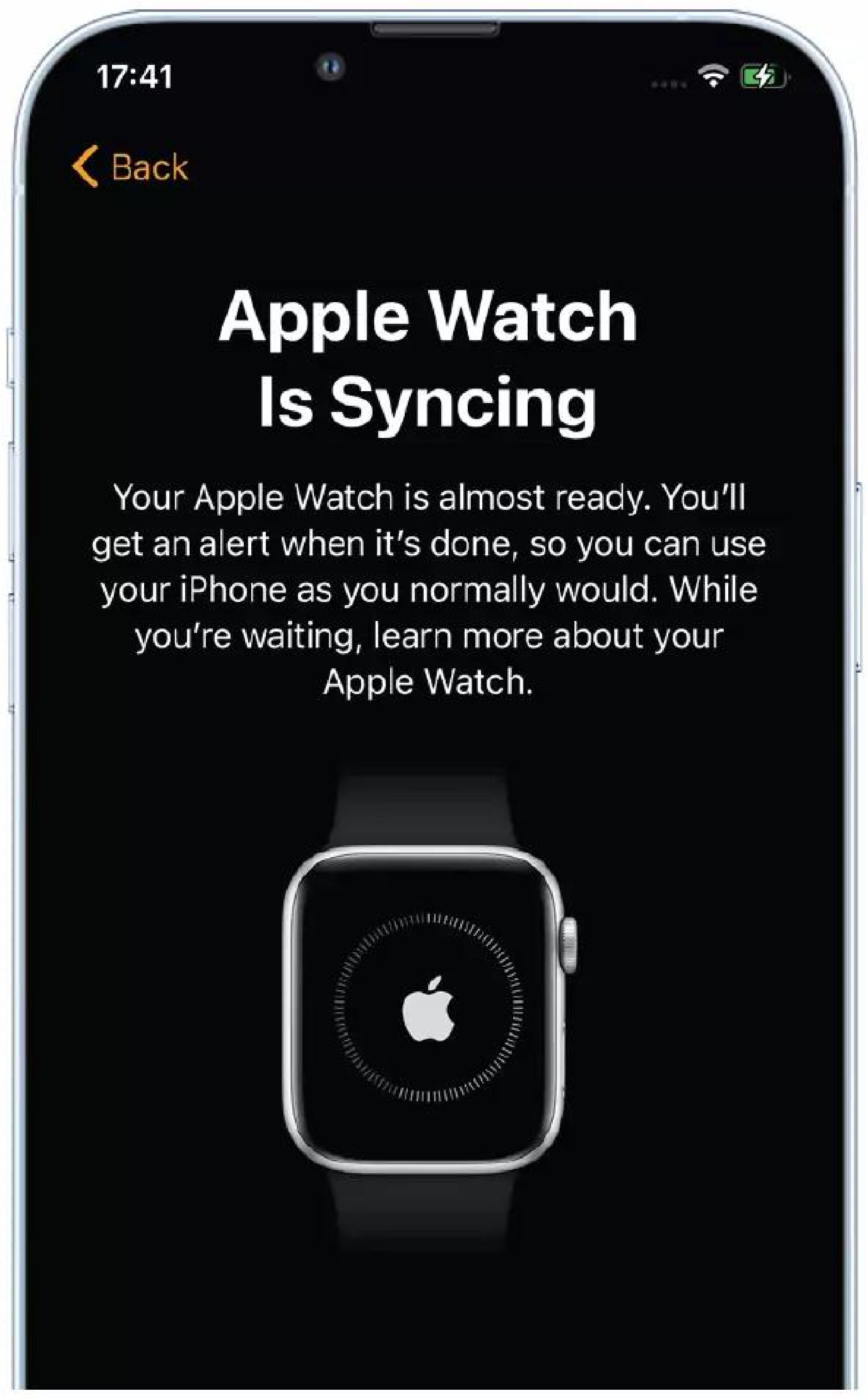
7 Workout Route Tracking lets your Apple Watch use your locations to track routes for when you're out walking, cycling or jogging. It also keeps track of the local weather. Choose whether you want to enable or disable this, then tap the relevant option.



Apple Watch Passcode

When you set a passcode, Apple Watch locks when you take it off and requires the passcode to unlock. This helps protect your data.

8 There then follows a series of settings to choose. Just follow the on-screen instructions as you go. When you get to the passcode option, if you choose to add one (which you should), you need to enter it twice on your Apple Watch before proceeding.



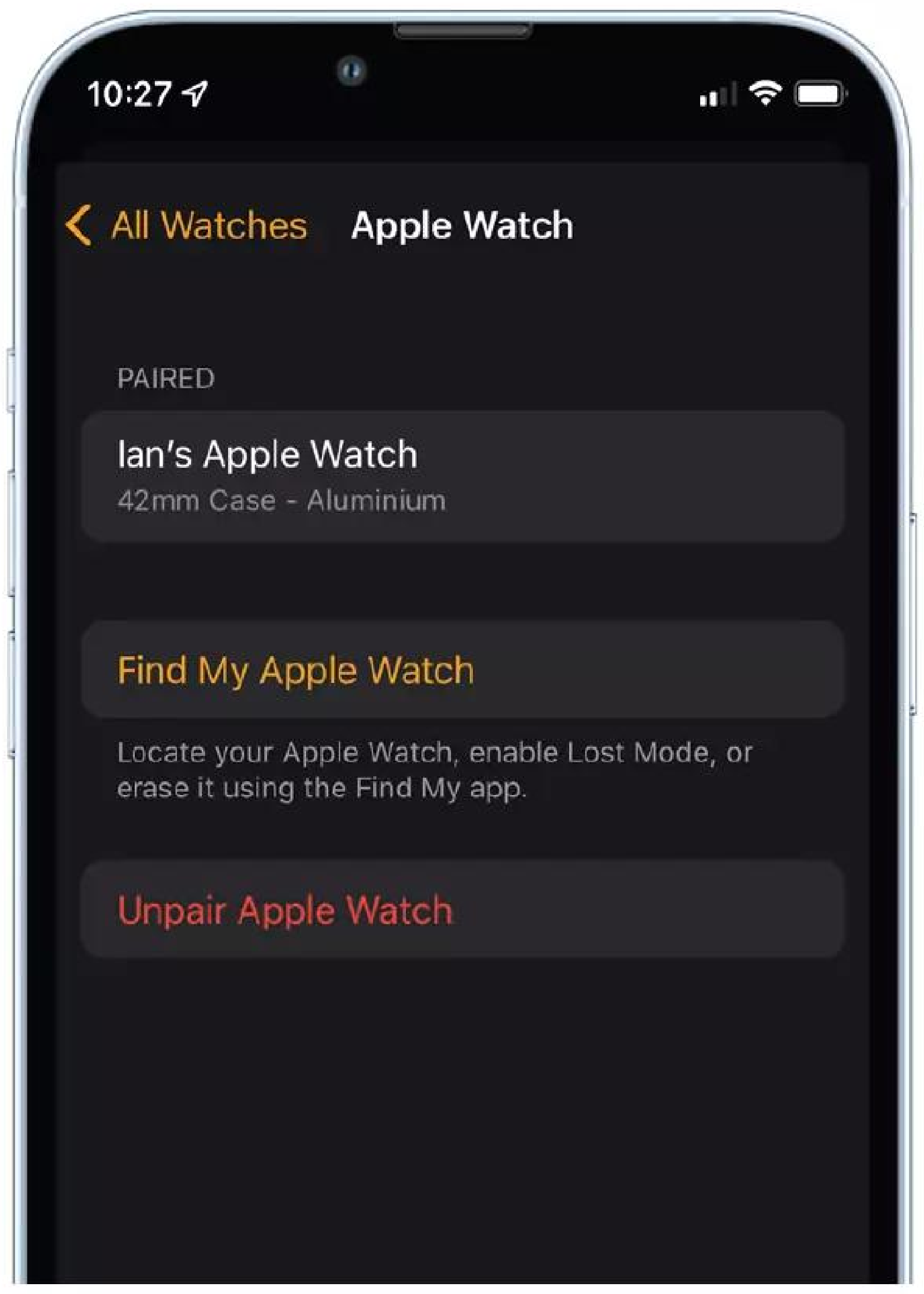
Apple Watch Is Syncing

Your Apple Watch is almost ready. You'll get an alert when it's done, so you can use your iPhone as you normally would. While you're waiting, learn more about your Apple Watch.

9 Eventually, you get to this screen, which shows your Apple Watch is syncing with your iPhone. It takes a while, with the white circle on around the Apple logo (on the watch and the iPhone), showing progress. When it's done, the setup process is complete.

Upgrading Your Watch

If you already own and use an Apple Watch, but want to upgrade it to a new one, this is how you go about it. It's a straightforward process where you back up and unpair it, then start again with your new Apple Watch.


10:27

All Watches Apple Watch

PAIRED

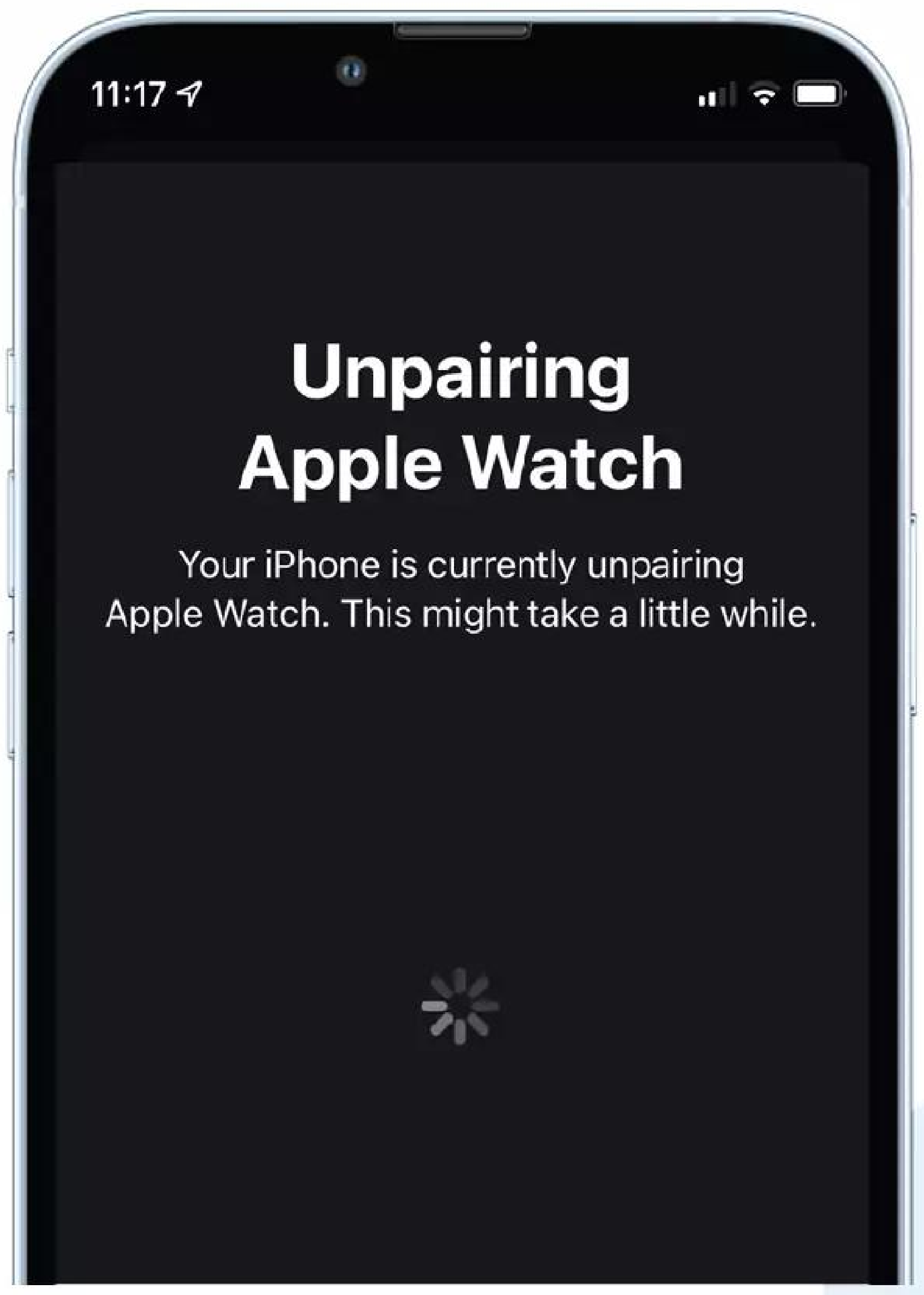
Ian's Apple Watch
42mm Case - Aluminium

Find My Apple Watch

Locate your Apple Watch, enable Lost Mode, or erase it using the Find My app.

Unpair Apple Watch

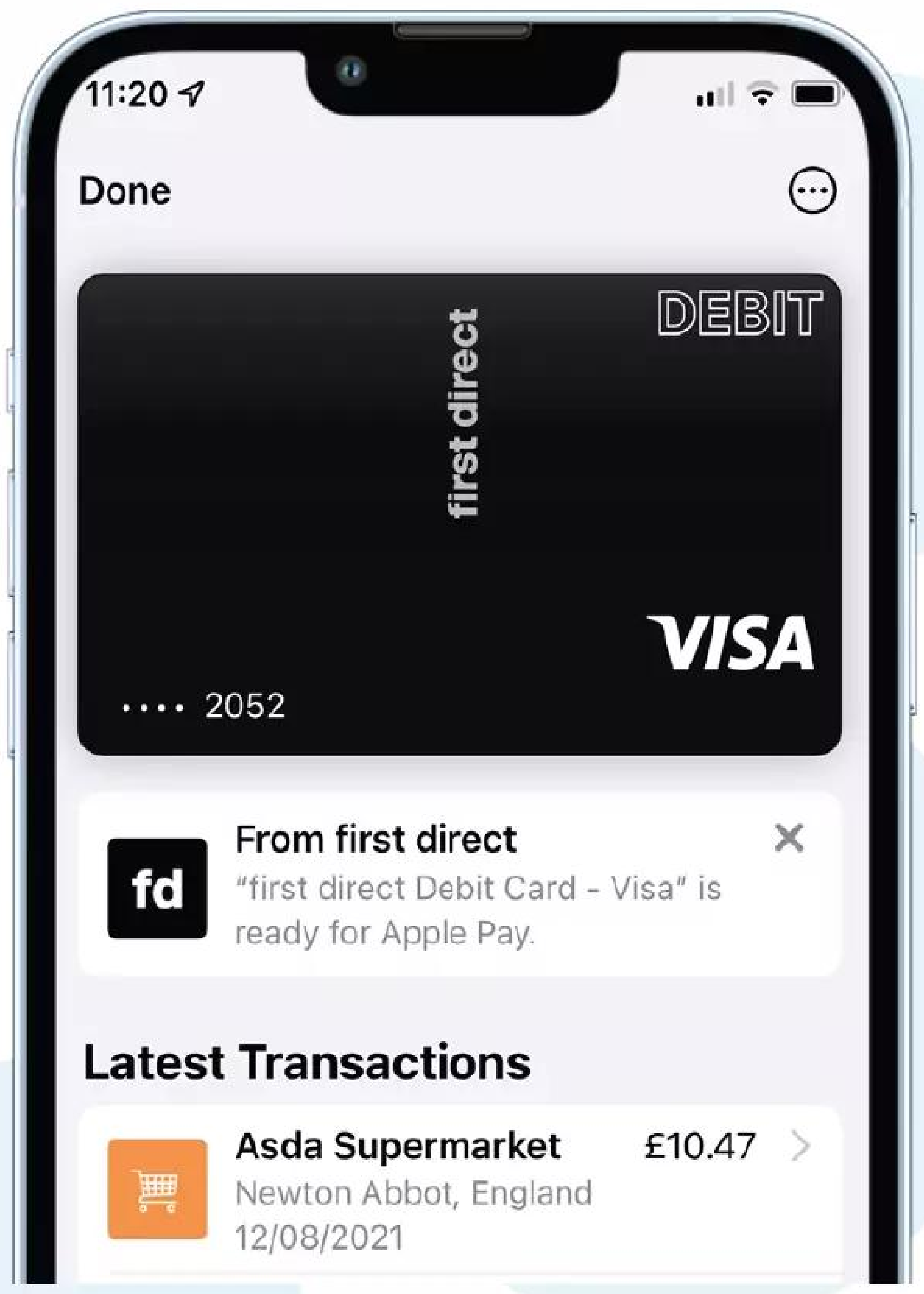
1 To back up your Apple Watch, first go into the Watch app on your phone. In the My Watch tab (bottom left), tap All Watches (top left), tap the 'i' icon next to your old watch, then tap Unpair Apple Watch and confirm. Make sure your watch and your phone are in close proximity.


11:17

Unpairing Apple Watch

Your iPhone is currently unpairing Apple Watch. This might take a little while.

2 Enter your Apple ID password and the watch is backed up to your iPhone. A backup contains app specific data, your watch faces, Wi-Fi network settings, brightness, sound and haptic settings, languages, your time zone and settings for Mail, Calendar, Stocks and Weather.


11:20

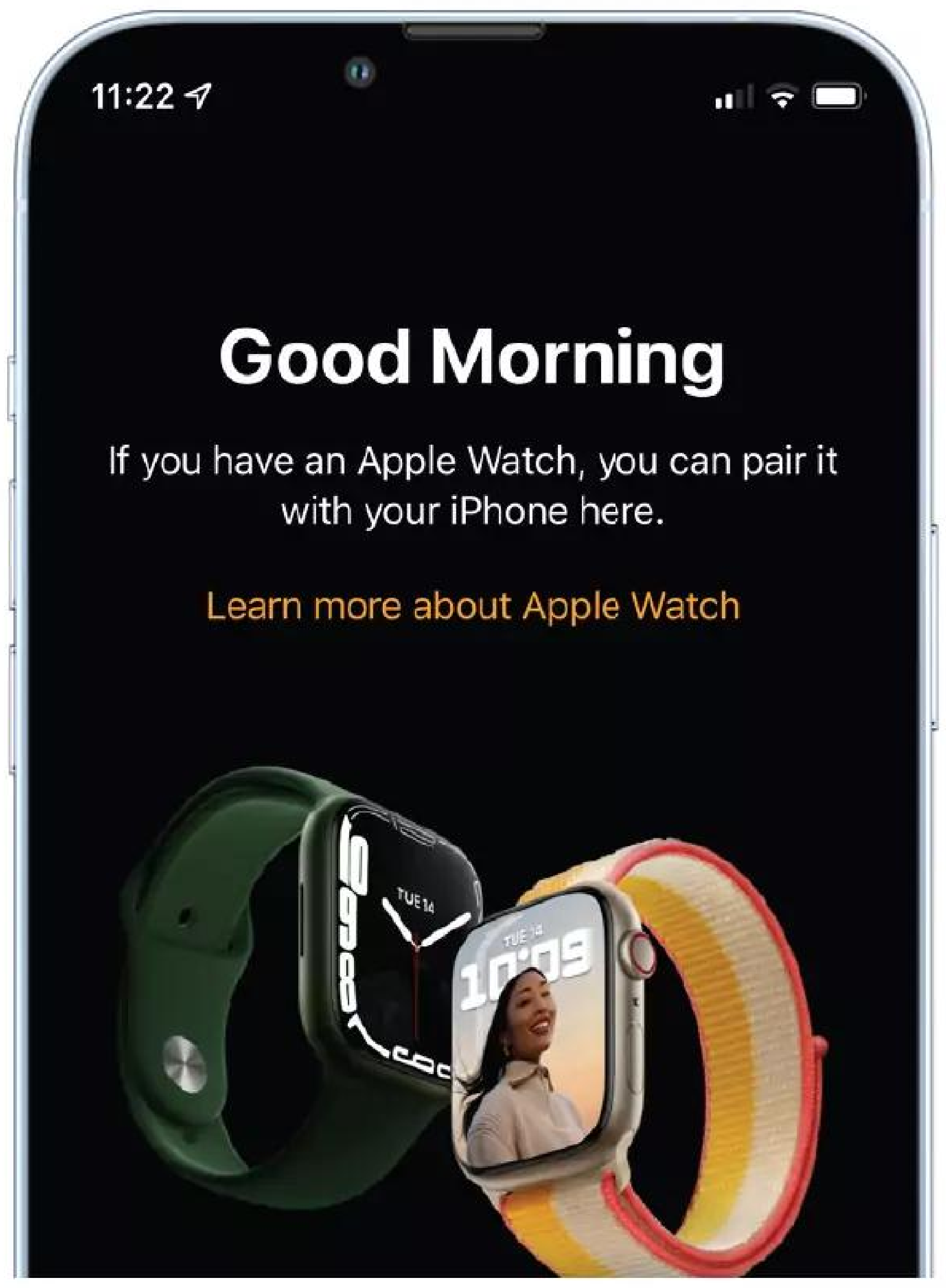
Done

From first direct
"first direct Debit Card - Visa" is ready for Apple Pay.

Latest Transactions

Asda Supermarket £10.47
Newton Abbot, England
12/08/2021

3 A backup does not contain Bluetooth pairings, your Apple Watch passcode, credit or debit cards saved for use with Apple Pay or playlists synced to your Apple Watch; all these things will have to be re-entered manually when you pair a watch with your iPhone again.

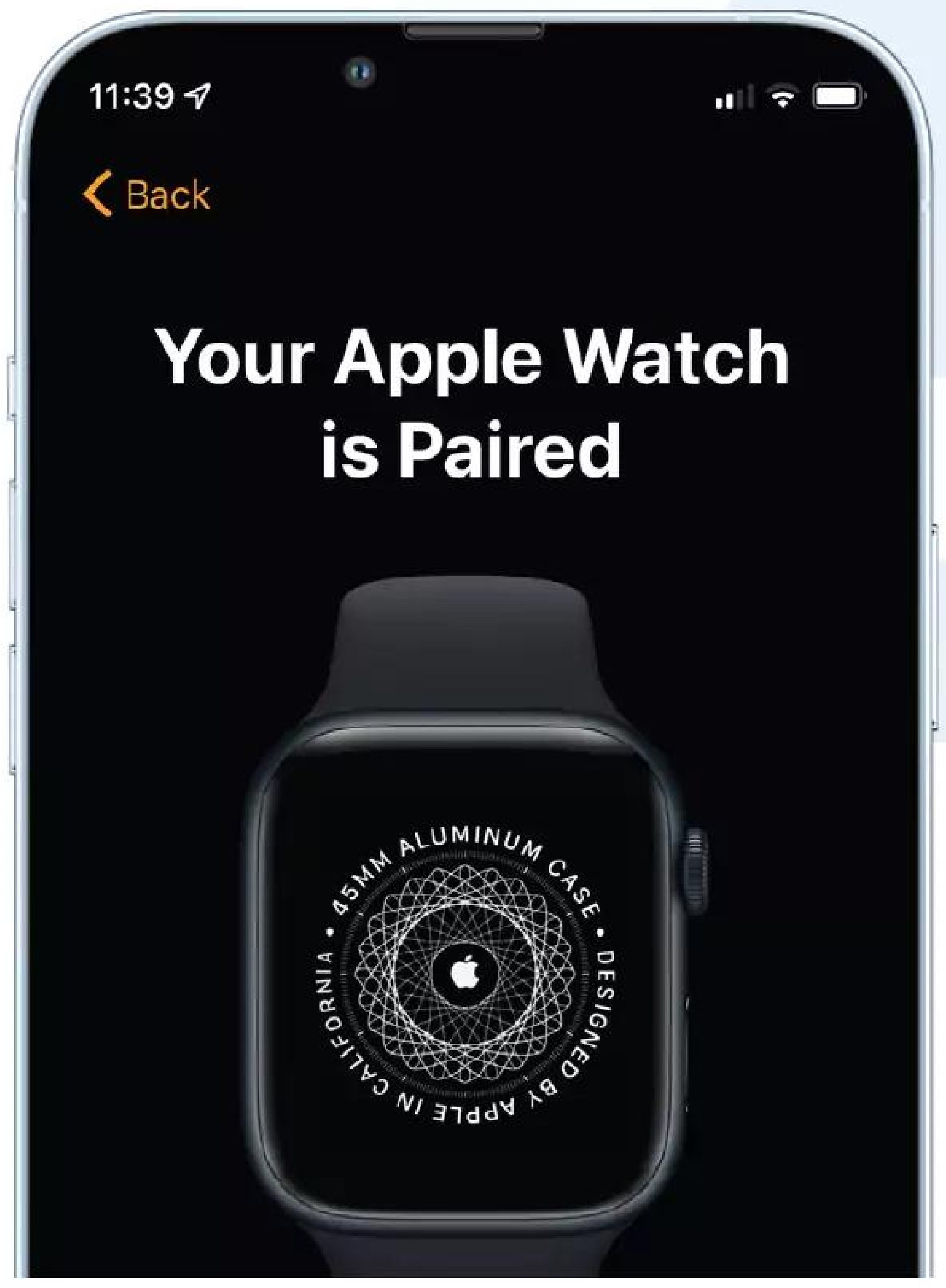

11:22

Good Morning

If you have an Apple Watch, you can pair it with your iPhone here.

Learn more about Apple Watch

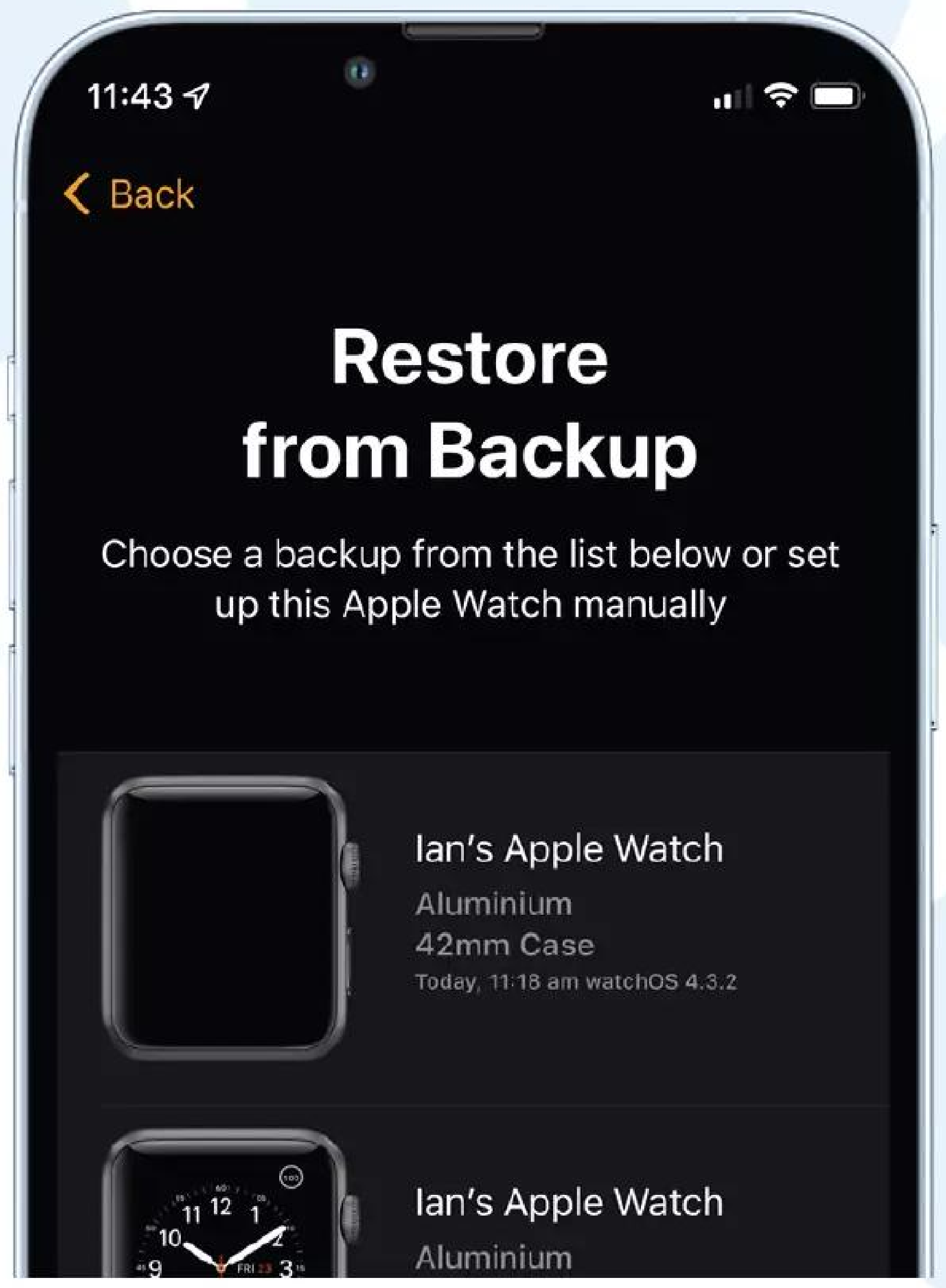
4 On your iPhone, open the Watch app. You'll see this screen, as you no longer have an Apple Watch paired with your phone. With your Apple Watch and your iPhone in close proximity, tap the Start Pairing button.


11:39

Back

Your Apple Watch is Paired

5 Follow the on-screen instructions to pair your watch with your iPhone, as described in our First-time Set-up tutorial. You're then asked whether to restore from backup or set up as a new watch. Choose the former.


11:43

Back

Restore from Backup

Choose a backup from the list below or set up this Apple Watch manually

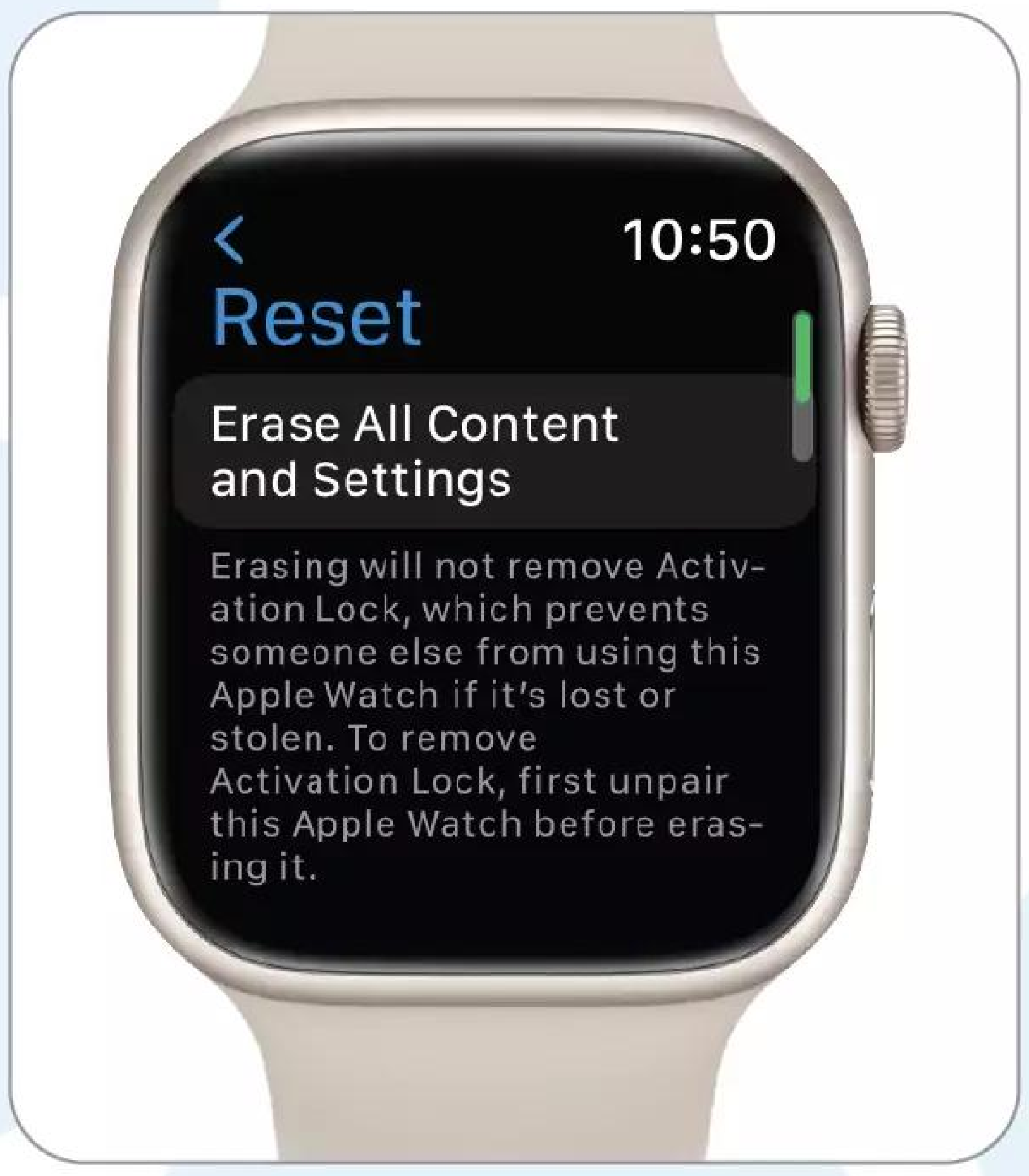
Ian's Apple Watch
Aluminium
42mm Case
Today, 11:18 am watchOS 4.3.2

Ian's Apple Watch
Aluminium

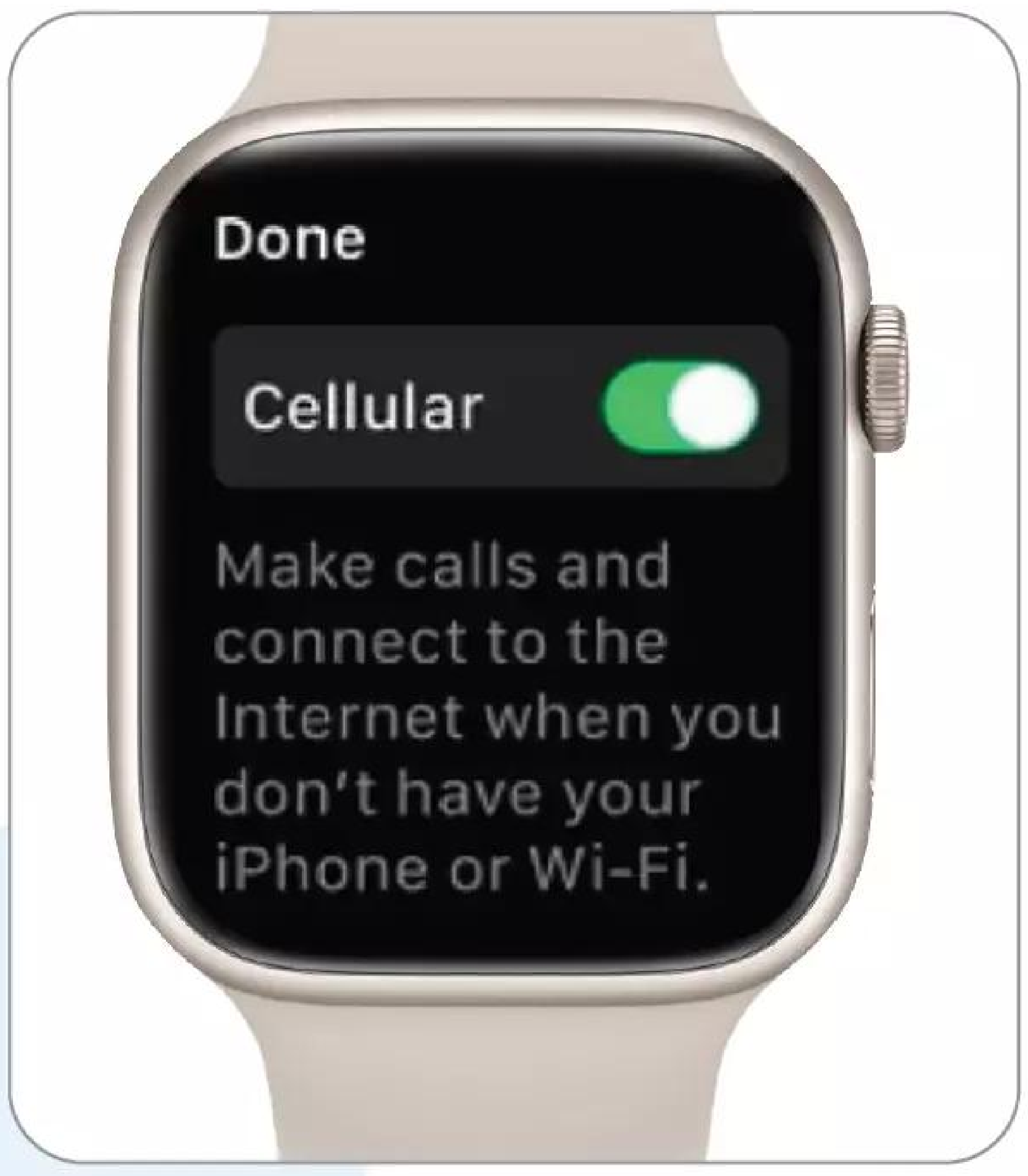
6 Choose a backup to restore. This will probably be the one at the top of the list, that is, the one you made earlier in this tutorial. Tap it, tap Continue and your backup is restored to your new Apple Watch.

Restoring Your Watch to Factory Settings

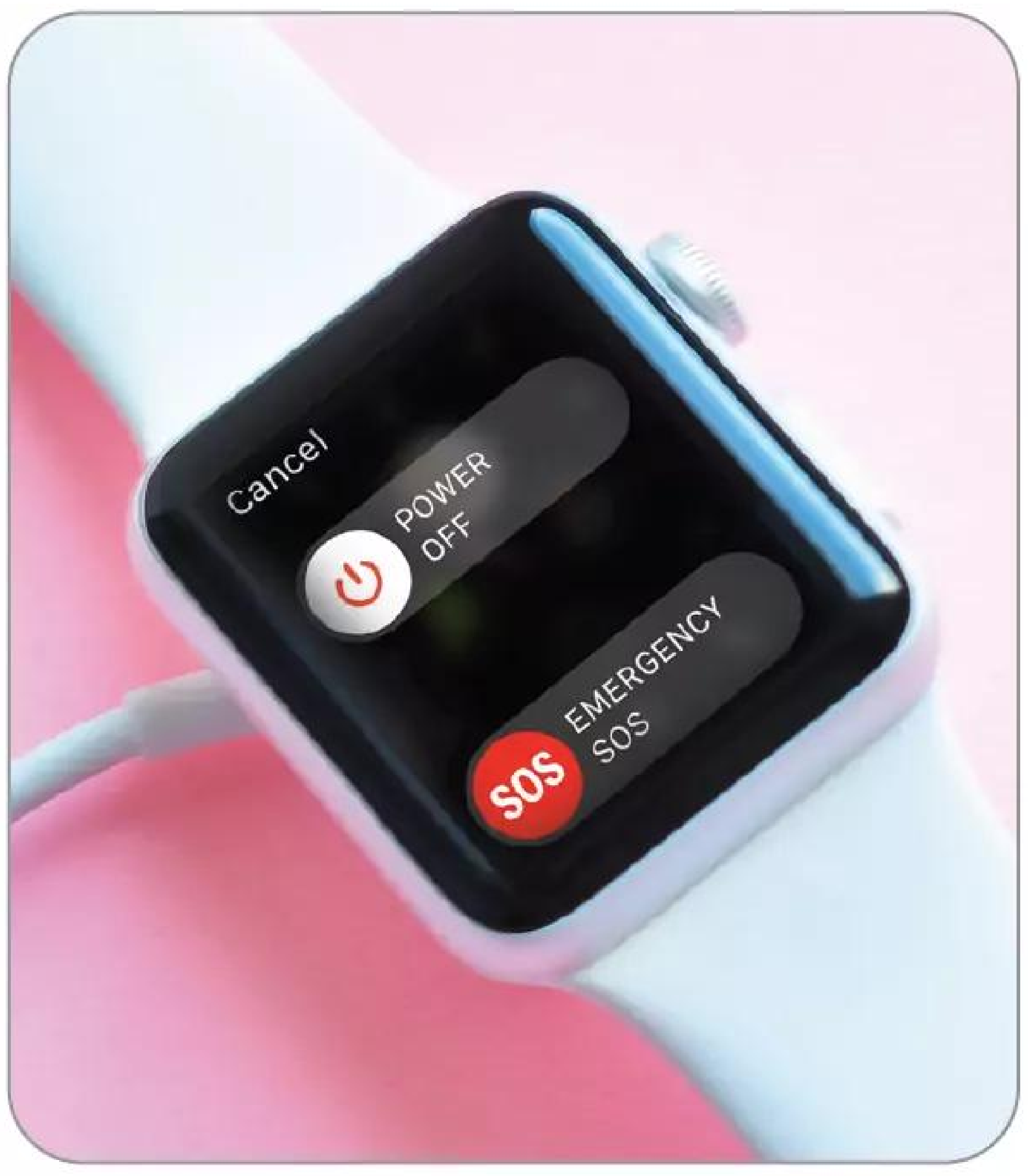
If you upgrade your Apple Watch, what do you do with your old one? Here's a guide to restoring it to factory settings, that is, wiping it clean ready to start again, so you can sell it or give it away to a friend or family member.


10:50
Reset
Erase All Content and Settings

Erasing will not remove Activation Lock, which prevents someone else from using this Apple Watch if it's lost or stolen. To remove Activation Lock, first unpair this Apple Watch before erasing it.


Done
Cellular

Make calls and connect to the Internet when you don't have your iPhone or Wi-Fi.


Cancel
POWER OFF
EMERGENCY SOS
SOS

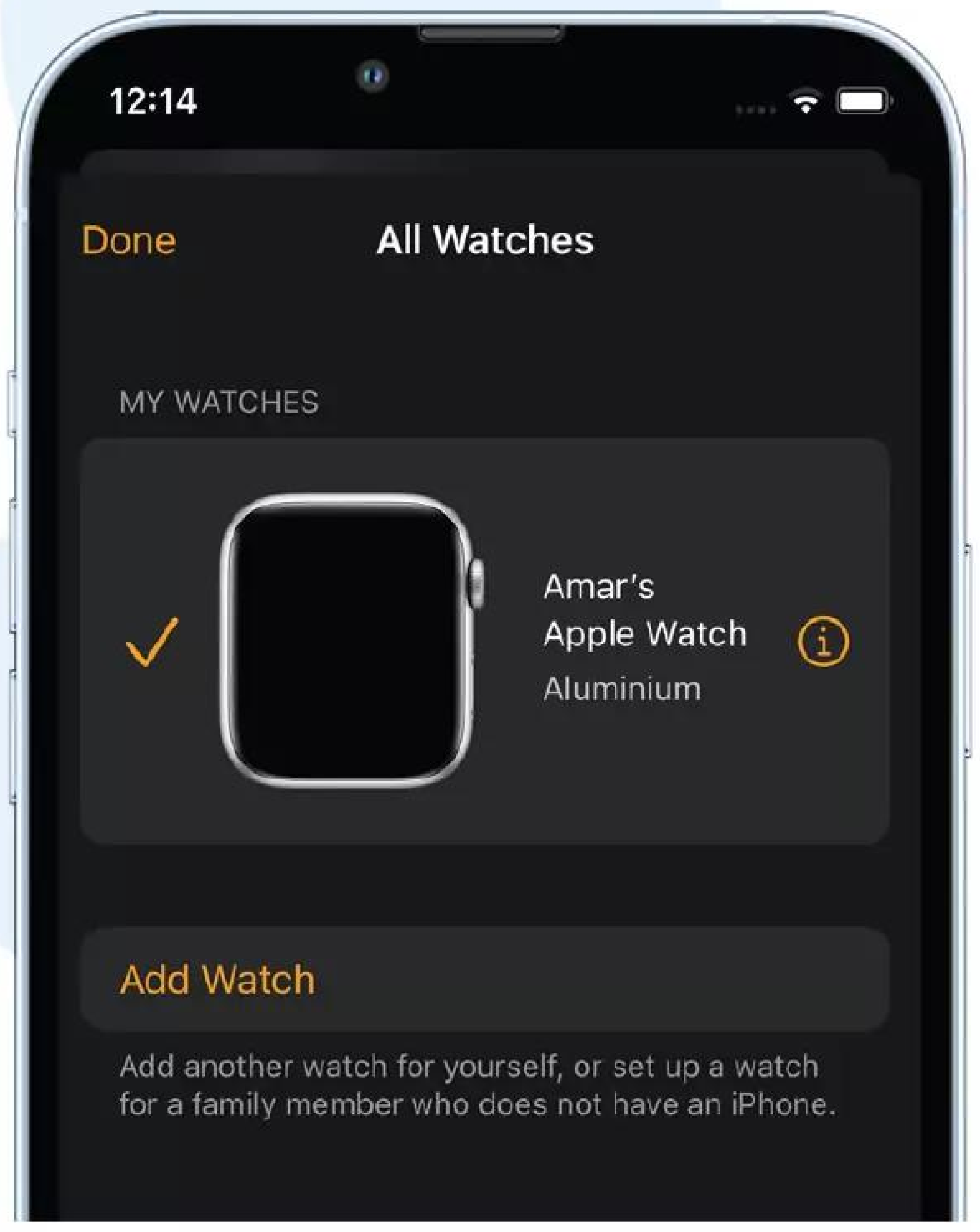
1 On your Apple Watch, open the Settings app and then tap General. On the next screen, tap Reset. Choose the Erase All Content and Settings option, and then enter your Apple Watch's passcode.

2 If you have a watch with a cellular option, you can then choose to Erase All or Erase All & Keep Plan. If you intend to carry on using the watch, choose the latter. If you're disposing of it, choose the former.

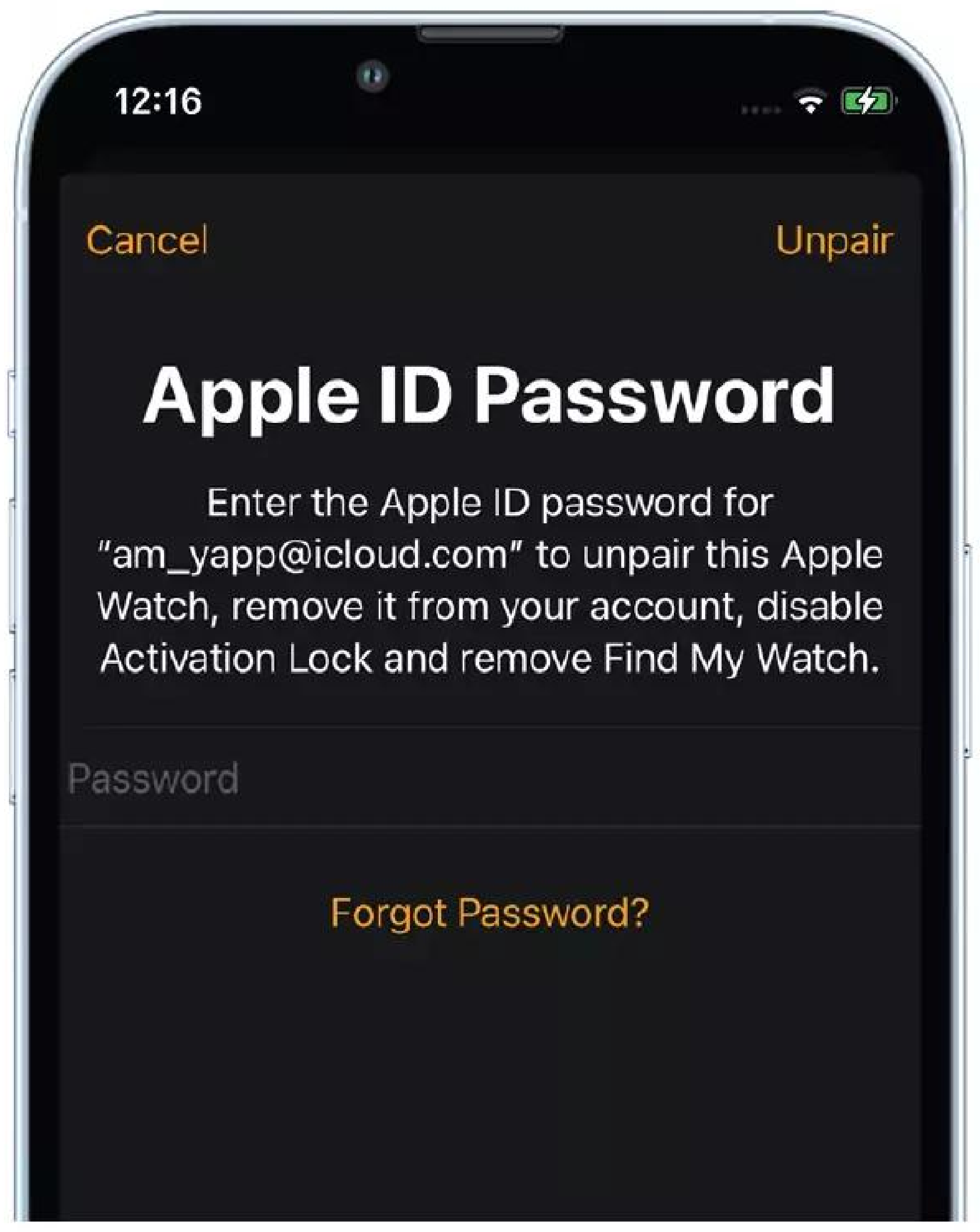
3 If you've forgotten your Apple Watch passcode, place your watch on its charger and hold the side button until you see Power Off. Press and hold the digital crown, and then tap Reset.

Pairing with a New iPhone

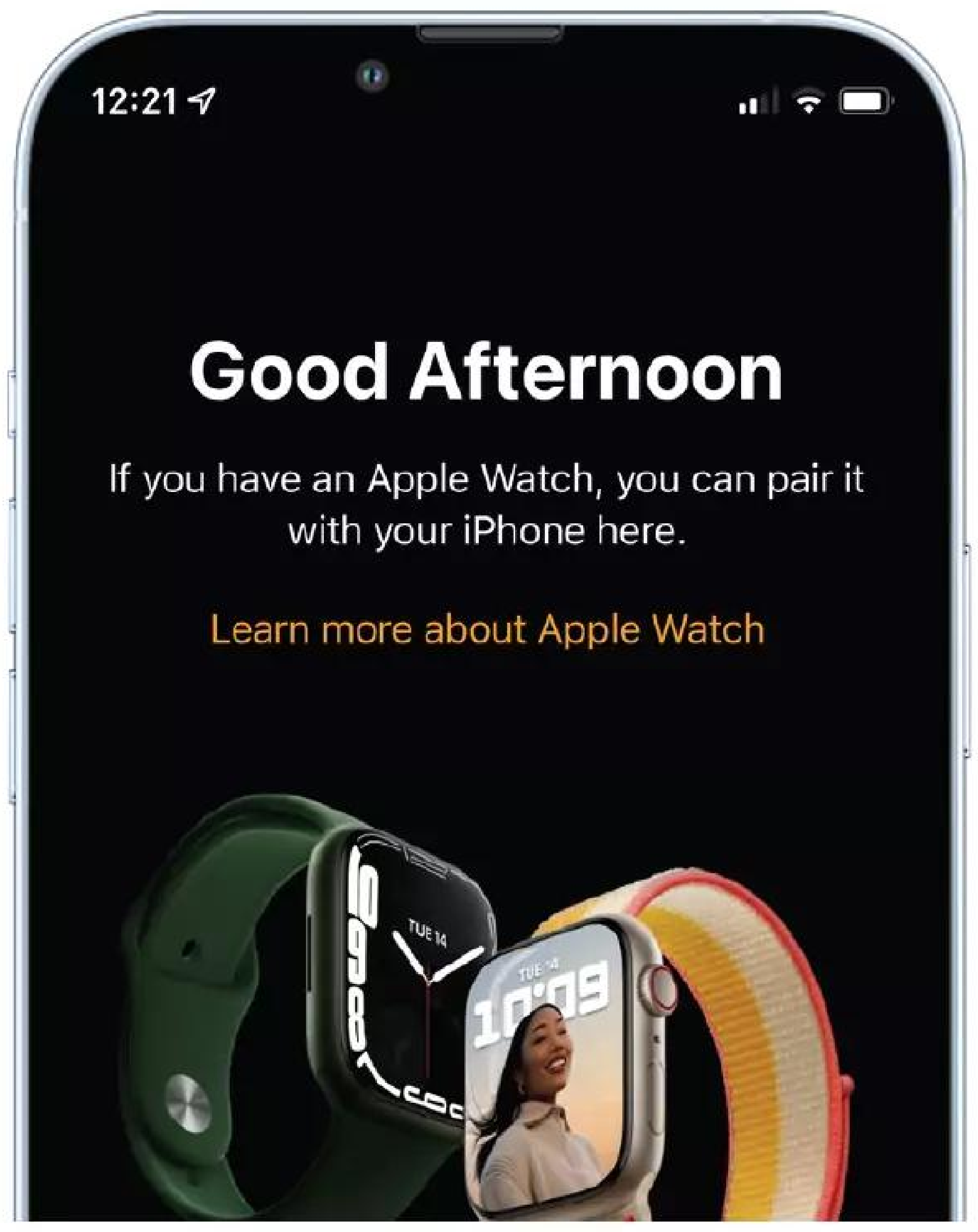
If you upgrade your iPhone but want to carry on using your current Apple Watch, first make sure both your iPhone and your Apple Watch are fully charged. Then follow these instructions...


12:14
Done
All Watches
MY WATCHES
Amar's Apple Watch Aluminium
Add Watch

Add another watch for yourself, or set up a watch for a family member who does not have an iPhone.


12:16
Cancel
Unpair
Apple ID Password
Password
Forgot Password?

Enter the Apple ID password for "am_yapp@icloud.com" to unpair this Apple Watch, remove it from your account, disable Activation Lock and remove Find My Watch.


12:21
Good Afternoon
Learn more about Apple Watch

If you have an Apple Watch, you can pair it with your iPhone here.

1 With your Apple Watch and your old iPhone in close proximity, open the Watch app and in My Watch (bottom left), tap All Watches (top left). Tap the 'i' next to your watch, tap Unpair Apple Watch.

2 Confirm you want to unpair, and then type in your Apple ID password to remove the watch from your account. Your watch is unpaired from your old iPhone; this might take some time.

3 When you're done, on your new iPhone (when you've set it up), open the Apple Watch app and open the Watch app. You can now pair your Apple Watch with your new iPhone in the usual way.

Updating watchOS on Your Watch

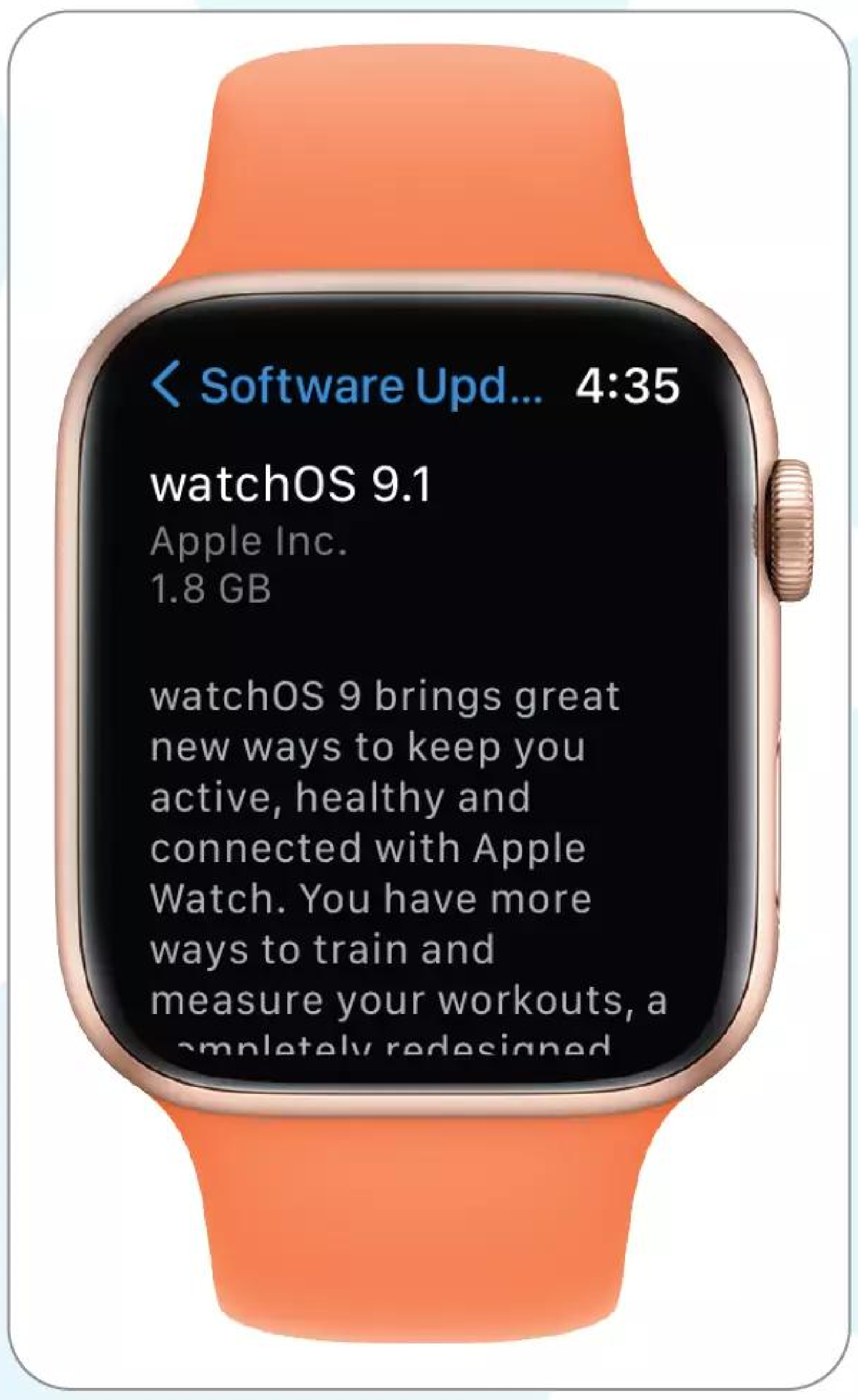
watchOS is the operating system on which the Apple Watch runs. It underpins everything that happens on your Apple Watch. watchOS is regularly updated by Apple, and when there's a new version available, you get a notification. You can then update your Apple Watch directly from the watch itself, or through your iPhone's Watch app. Here's how.

watchOS 9.1
Apple Inc.
1.8 GB

watchOS 9 brings great new ways to keep you active, healthy and connected with Apple Watch. You have more

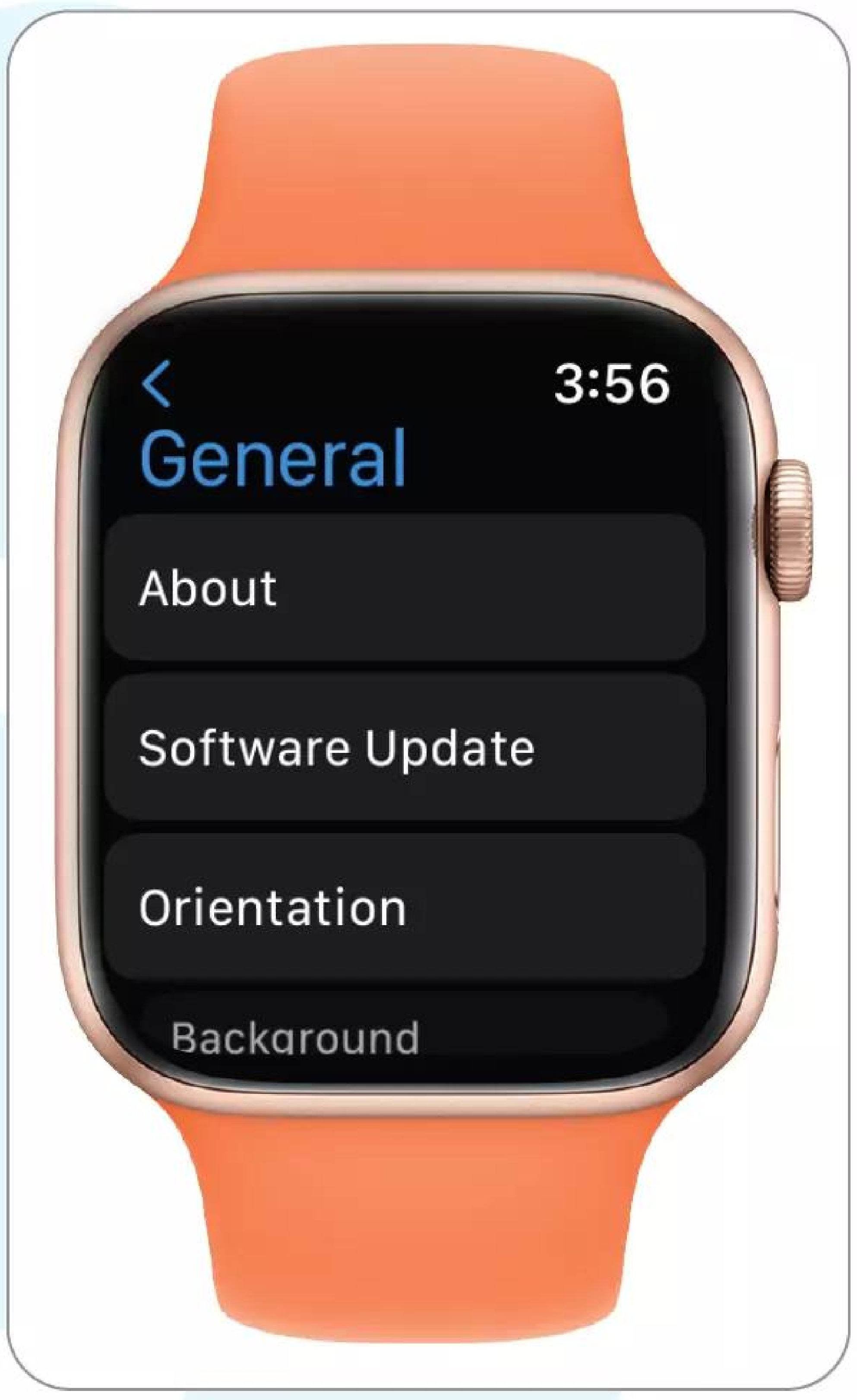
On Your Watch

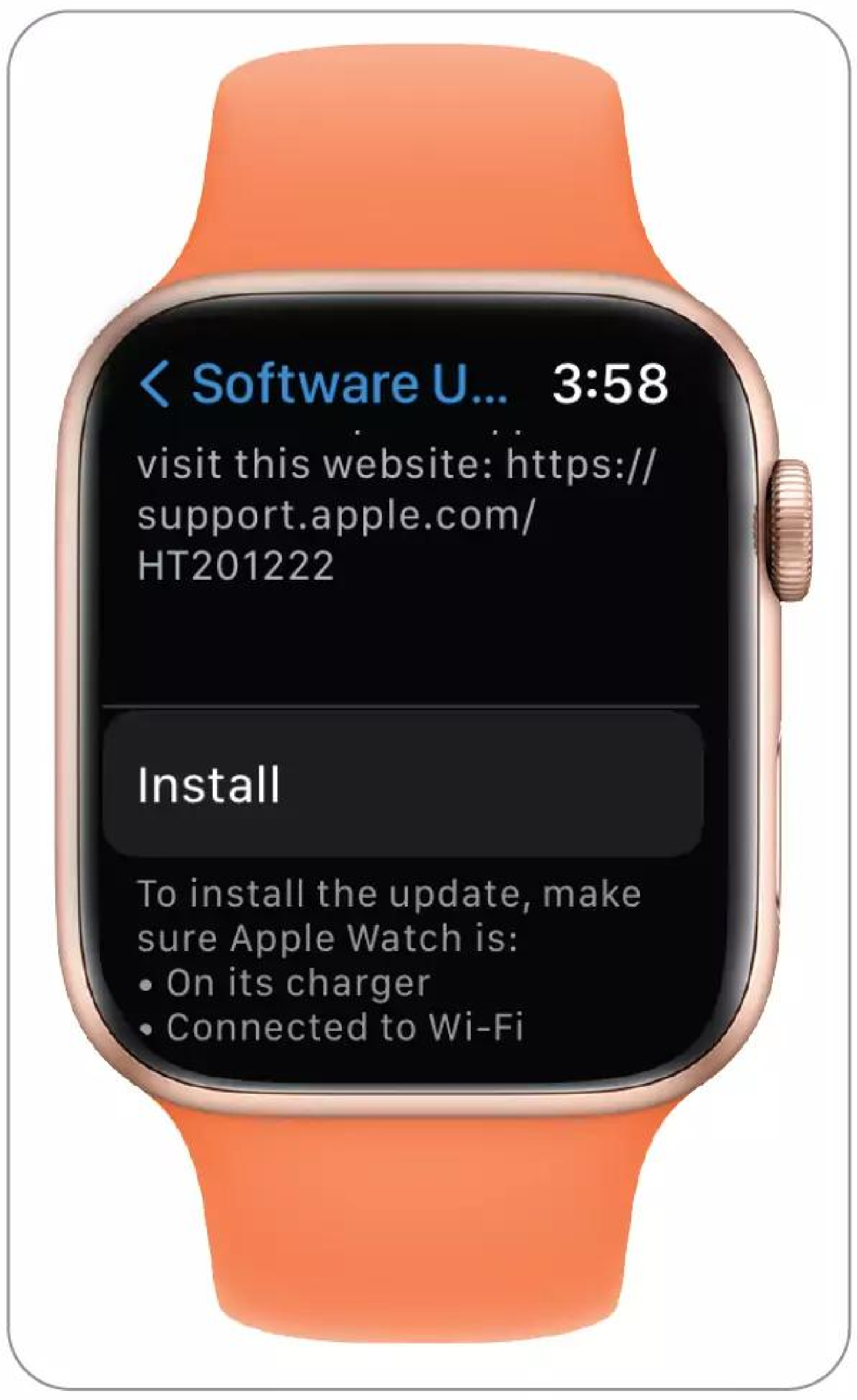
If your Apple Watch is already running watchOS 6 or higher, you can update directly from your watch. If it isn't, you might be very out of date. Follow the guide to updating on your iPhone instead.



watchOS 9.1
Apple Inc.
1.8 GB

watchOS 9 brings great new ways to keep you active, healthy and connected with Apple Watch. You have more ways to train and measure your workouts, a ompletely redesigned





visit this website: https://support.apple.com/HT201222

To install the update, make sure Apple Watch is:
- On its charger
- Connected to Wi-Fi

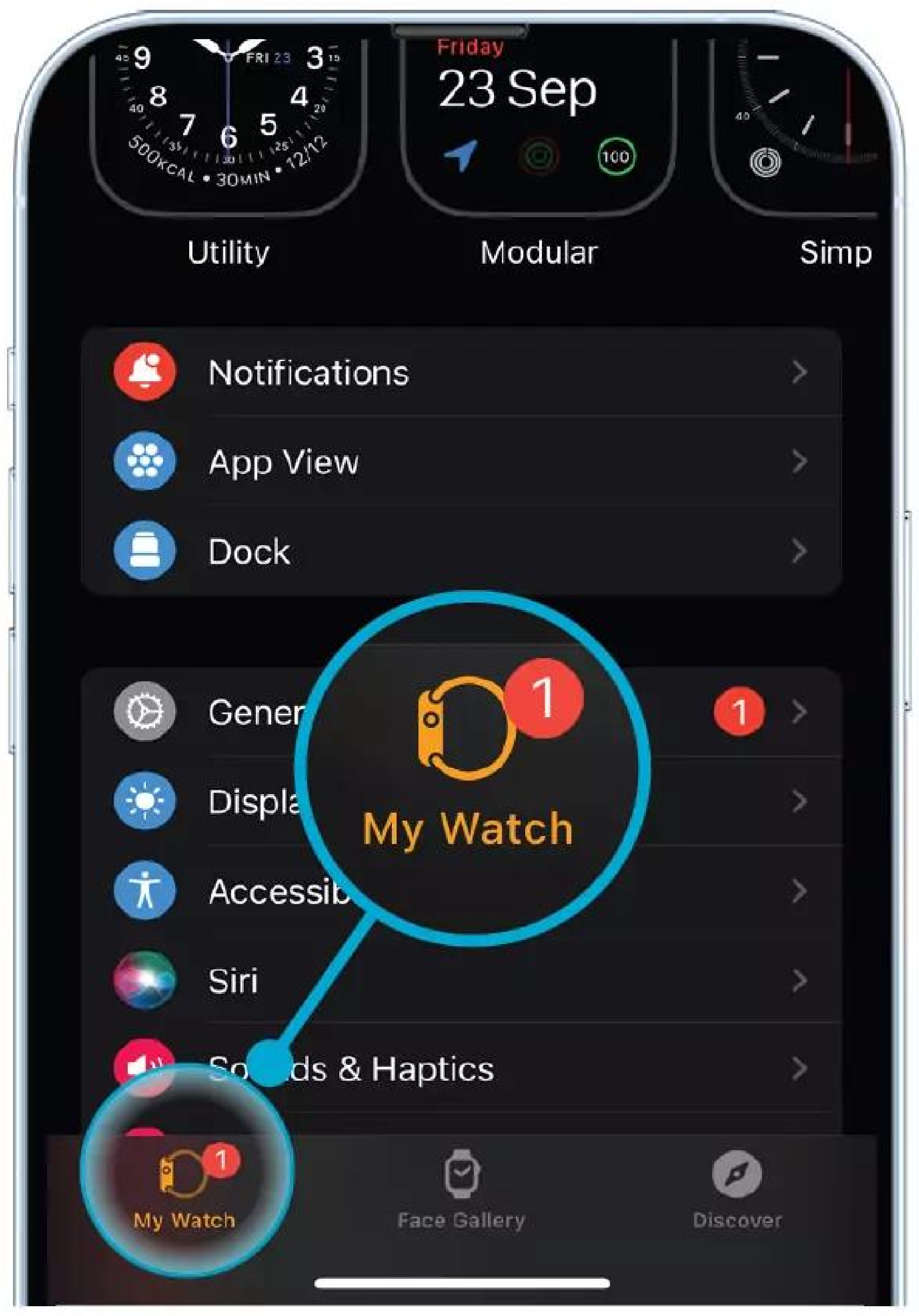
1 If you get a notification like this, there's a new version of watchOS you can install on to your Apple Watch. To install overnight, scroll up and tap Install Tonight, then leave your watch on a charger overnight.

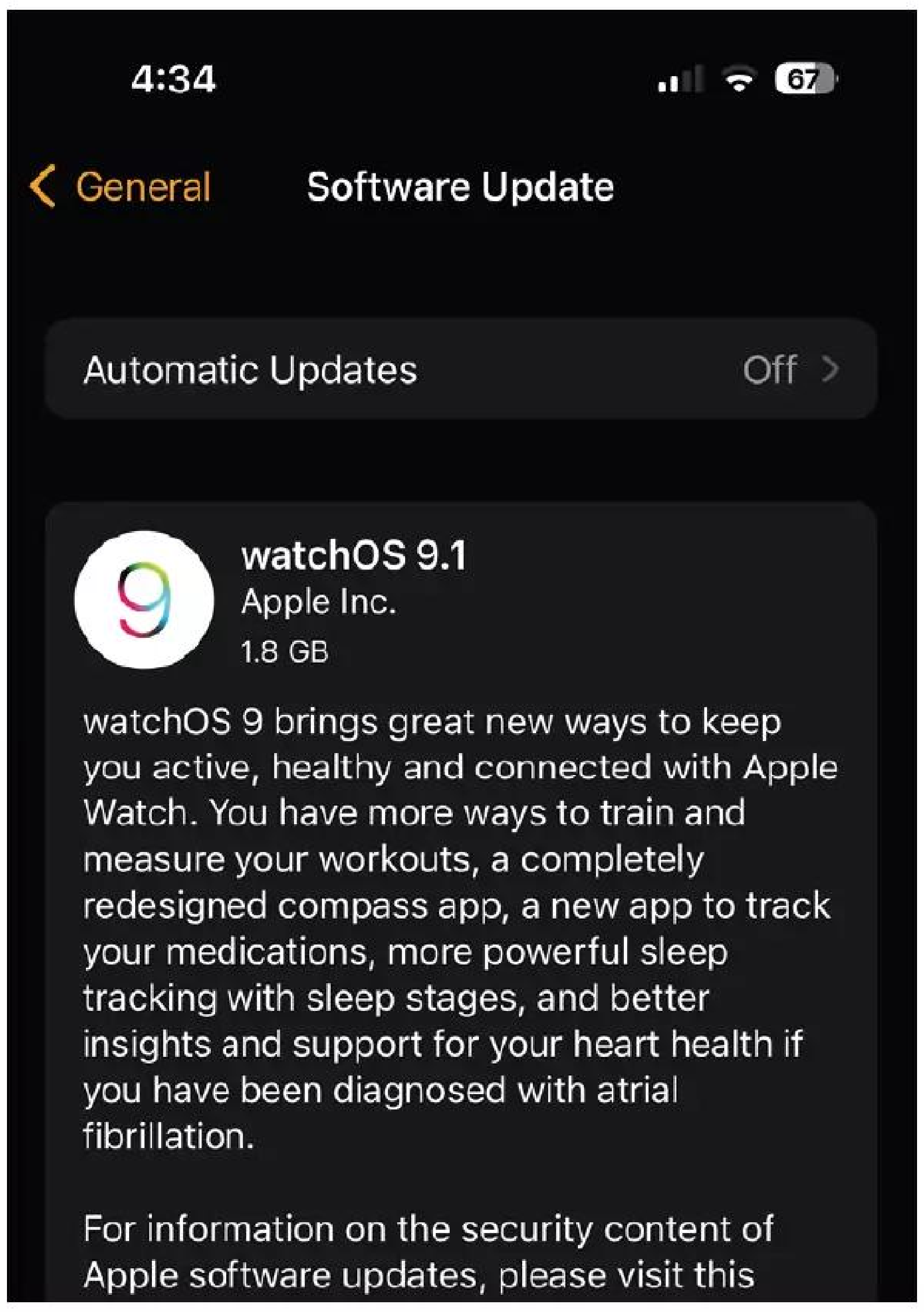
2 To install immediately from your Apple Watch, place the watch on your charger, and make sure it's connected to your Wi-Fi network. On your watch, go to Settings > General > Software Update.

3 On this Software Update screen, scroll up and tap the button marked Install. The install only starts when your watch is 50 percent charged. When it's finished the watch restarts to complete the update.

Update Using Your iPhone

You can update your version of watchOS using your iPhone instead. Make sure your watch is connected to your watch charger throughout the update process, which begins when it's 50 percent charged.


Friday
23 Sep
Utility
Modular
Simp
Notifications
App View
Dock
General
Display
Accessib
Siri
Sounds & Haptics
My Watch
1
My Watch
Face Gallery
Discover


4:34
General
Software Update
Automatic Updates
Off

watchOS 9.1
Apple Inc.
1.8 GB

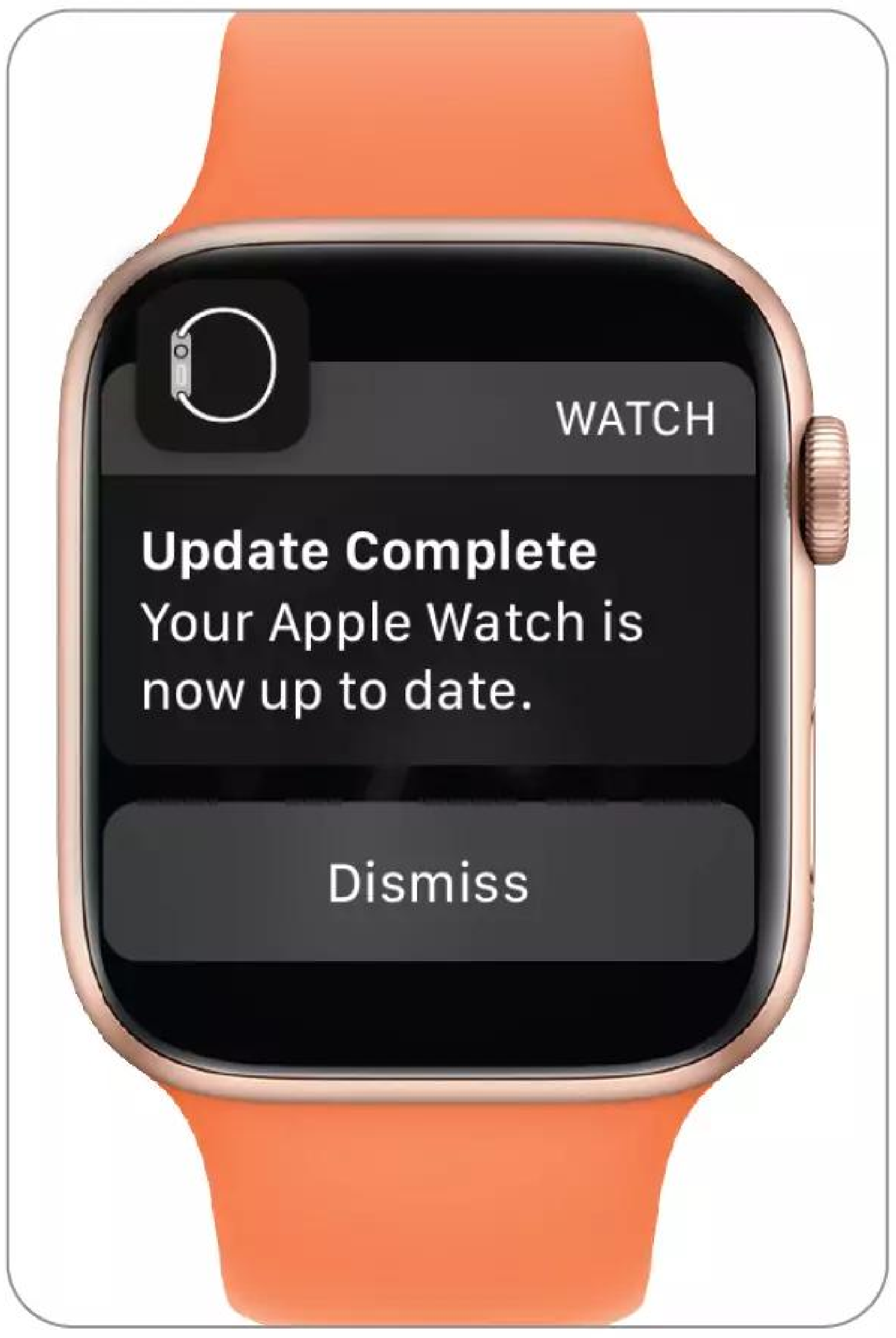
watchOS 9 brings great new ways to keep you active, healthy and connected with Apple Watch. You have more ways to train and measure your workouts, a completely redesigned compass app, a new app to track your medications, more powerful sleep tracking with sleep stages, and better insights and support for your heart health if you have been diagnosed with atrial fibrillation.

For information on the security content of Apple software updates, please visit this

1 On the iPhone with which your Apple Watch is paired, open the Watch app and make sure the My Watch section is open (bottom left). Tap the General link and you'll see Software Update is badged.

2 Tap Software Update and you're taken to a screen explaining exactly what's new in the new version of the operating system, with a link to a more complete description on Apple's support site.

3 Also on this screen is the Install button. Make sure your watch is connected to your charger and at least 50 percent charged. If it's low on power, the update starts when the charge reaches 50 percent.


WATCH

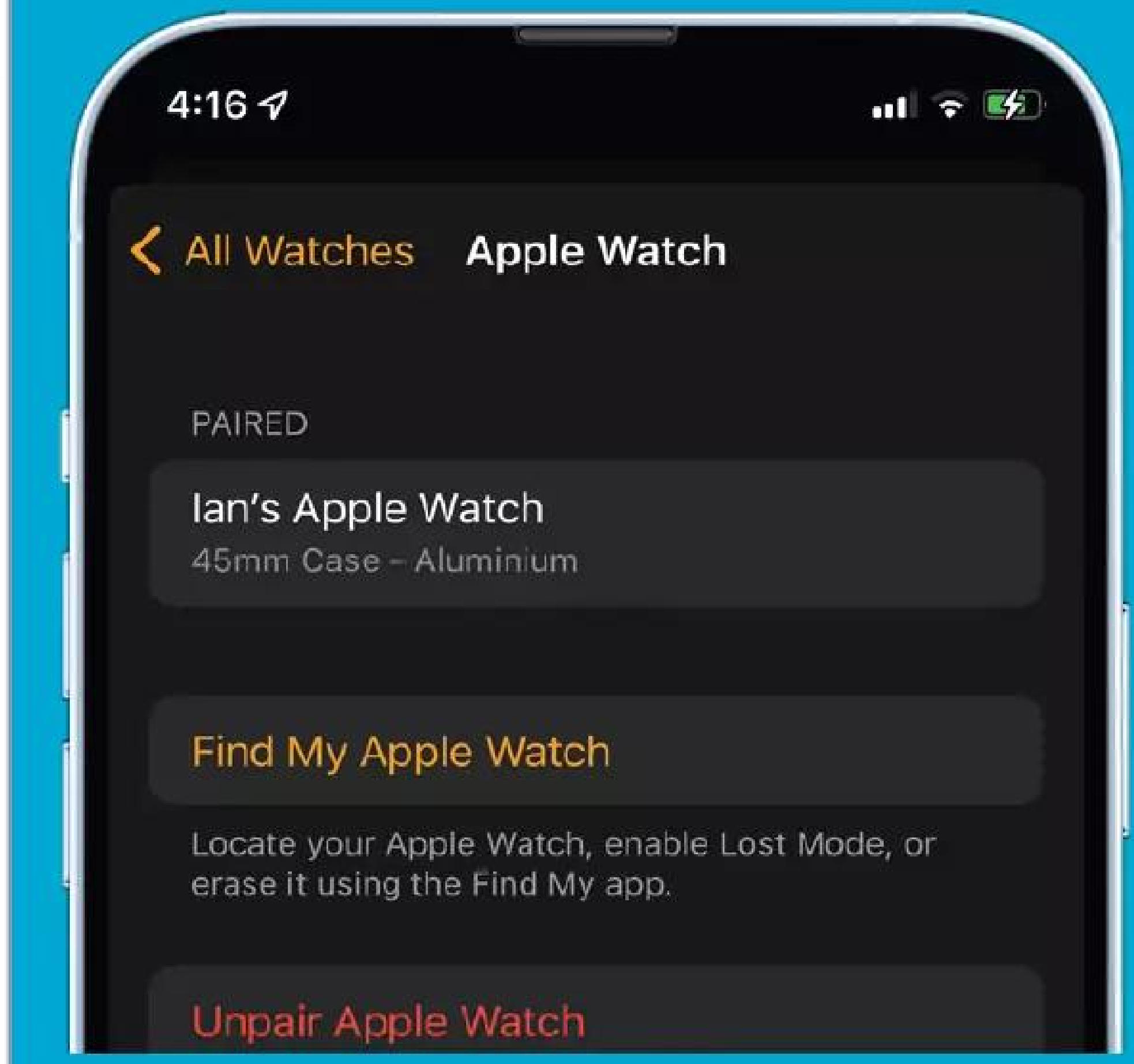
Update Complete
Your Apple Watch is now up to date.

Dismiss

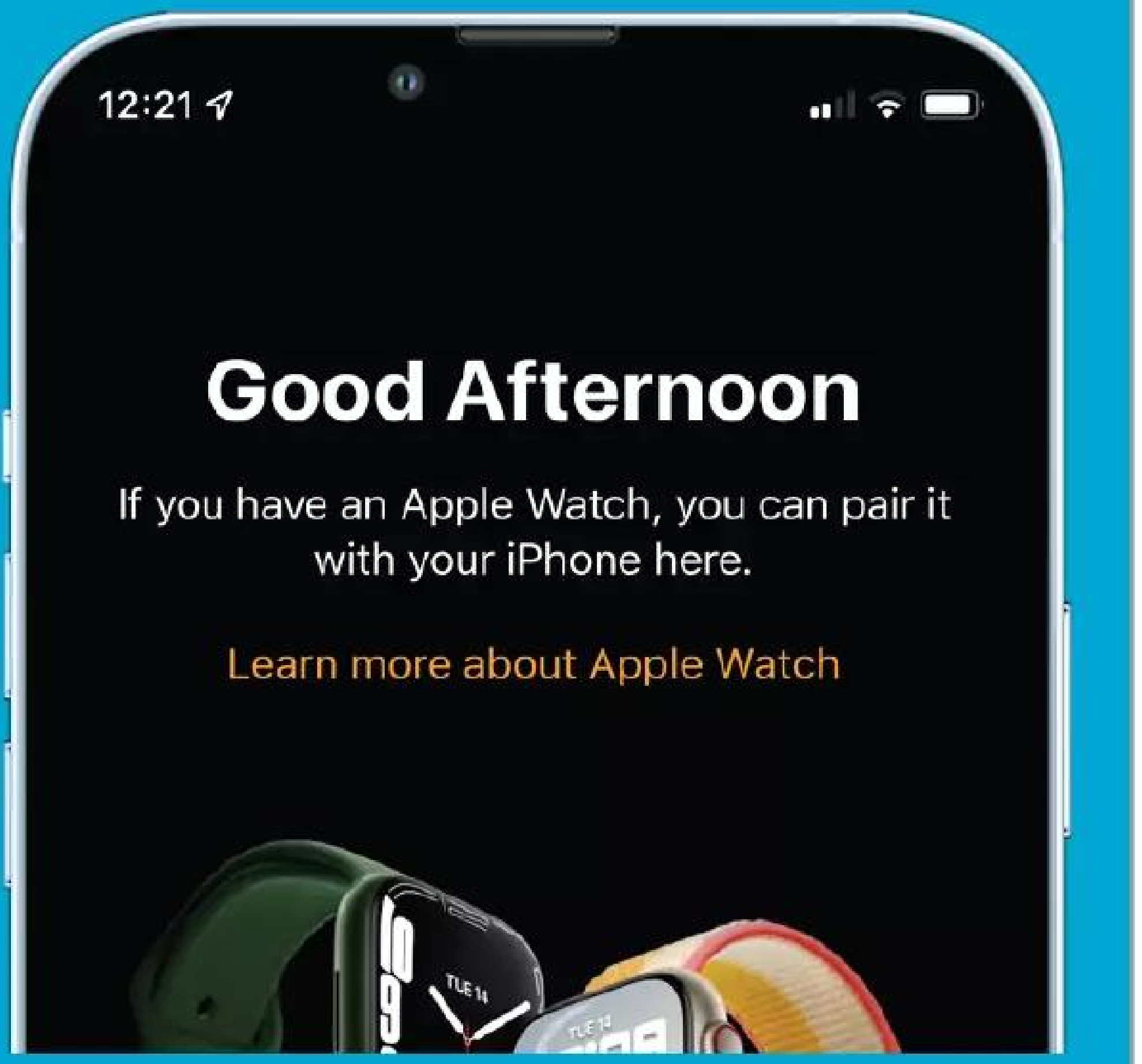
4 Tap Install, enter your passcode and then Agree to the terms and conditions. The update process starts; it may take some time. Don't remove the watch from its charger until the install is finished.

If You Need Storage Space

If you need more free storage space before you can update your Apple Watch, first of all, restart it; press and hold the side button, then press and hold the digital crown. If that fails, try these steps.


4:16
All Watches
Apple Watch
PAIRED
Ian's Apple Watch
45mm Case - Aluminium
Find My Apple Watch
Unpair Apple Watch

Locate your Apple Watch, enable Lost Mode, or erase it using the Find My app.


12:21
Good Afternoon
Learn more about Apple Watch

If you have an Apple Watch, you can pair it with your iPhone here.

1 First of all, unpair your Apple Watch from your iPhone. On the phone's Watch app, go to My Watch > All Watches and tap the 'i' icon next to the watch in question. Tap the Unpair link and confirm.

2 Pair your watch with your iPhone again (see the Getting started with Watch tutorial), and set it up as a new watch. Update the watch, then unpair it again. Finally, pair it and choose to Restore from Backup.

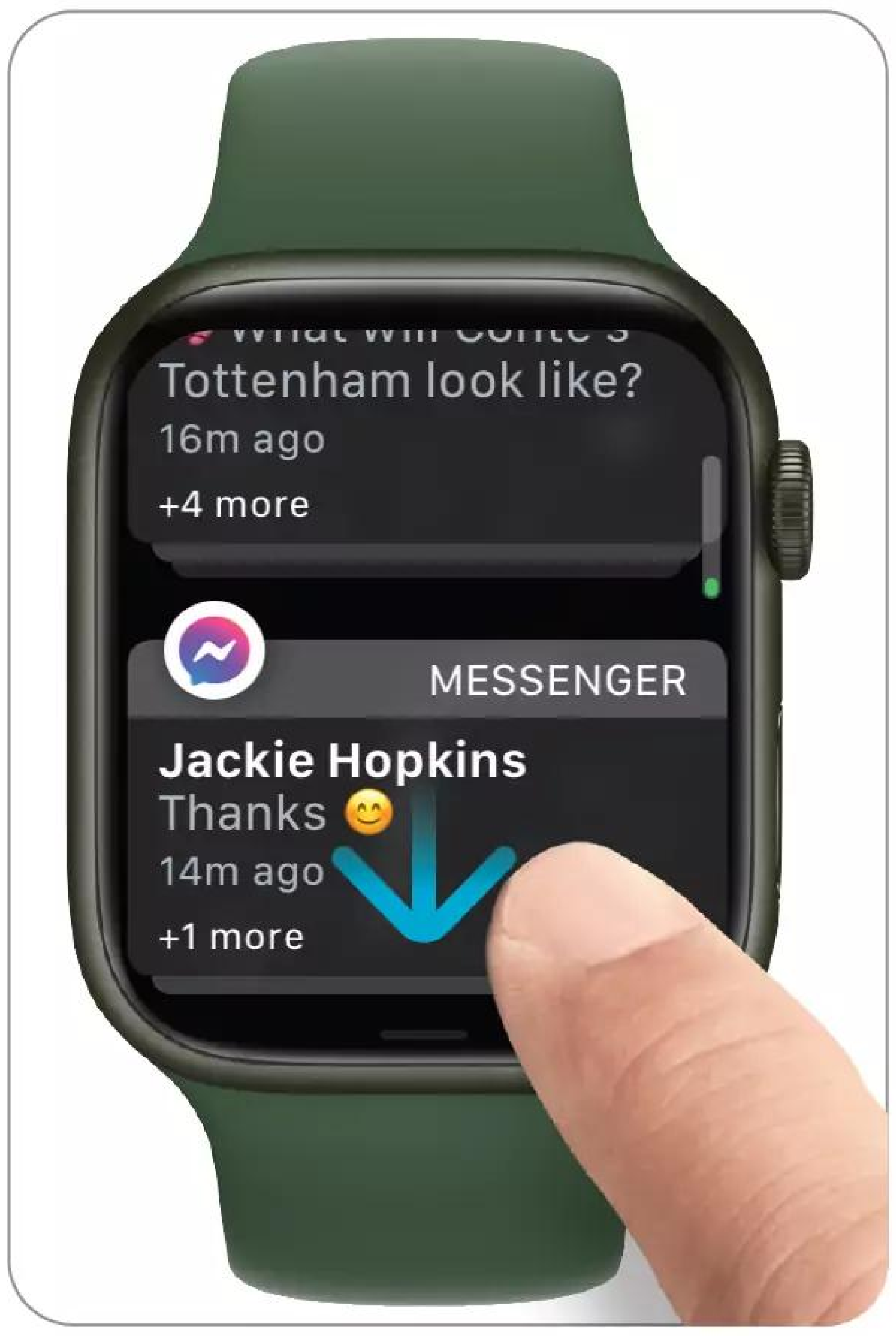
Watch Gestures and Buttons

Apple pioneered gestures with its touchscreen iPhone and iPad, and also with trackpad gestures used to interact with your Mac. It comes as no surprise then that Apple Watch also uses gestures, along with controls offered by the side button and the Digital Crown. Here we take a look at how to use those gestures to operate your watch and what they do.

Interacting With Your Watch

Although the gestures offered by the Apple Watch aren't as advanced or as comprehensive as those used in iOS devices or on the Mac, it's definitely worth taking a little time to familiarise yourself with these controls.

Swipe Down

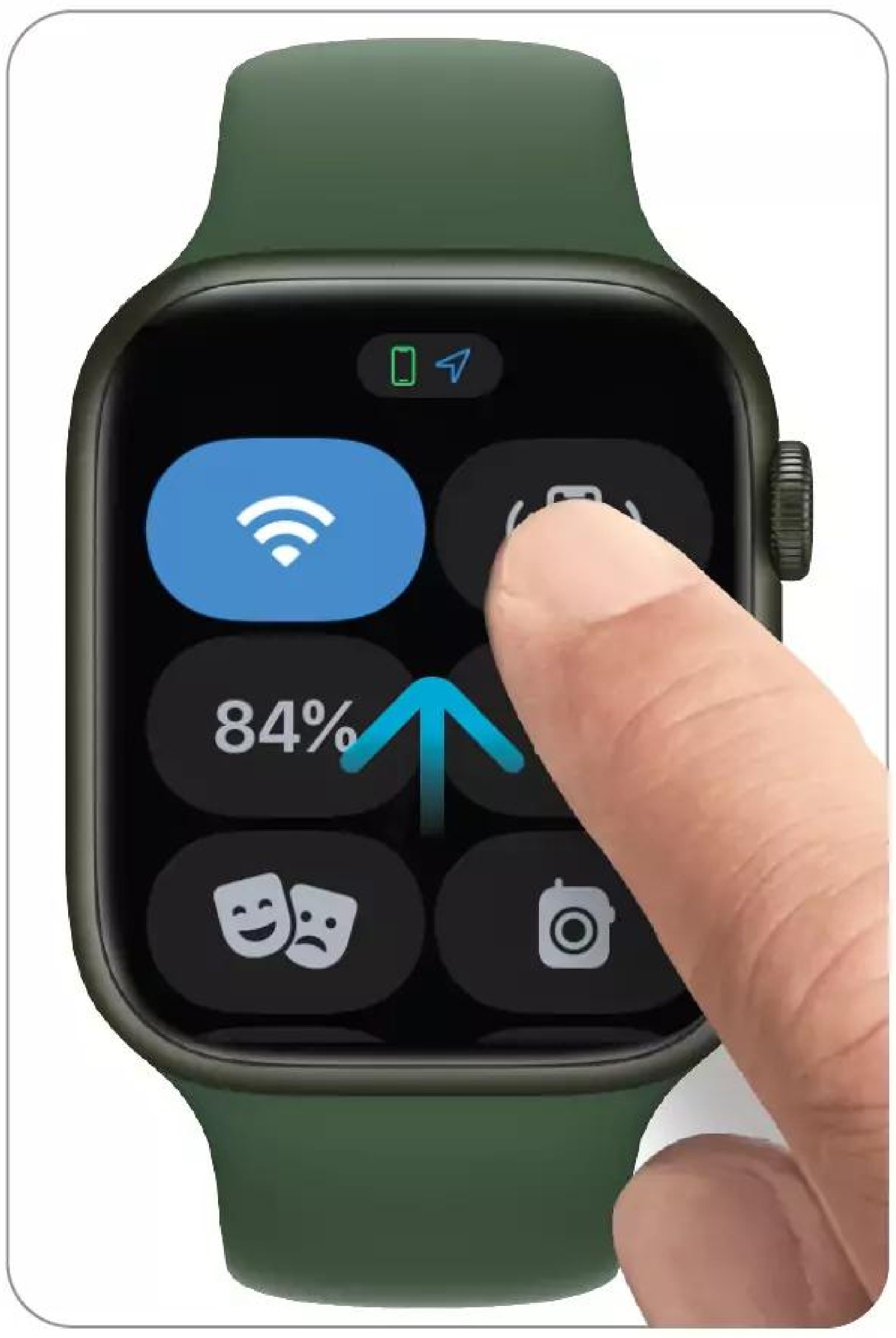


Tottenham look like?
16m ago
+4 more

MESSENGER
Jackie Hopkins
Thanks 😊
14m ago
+1 more

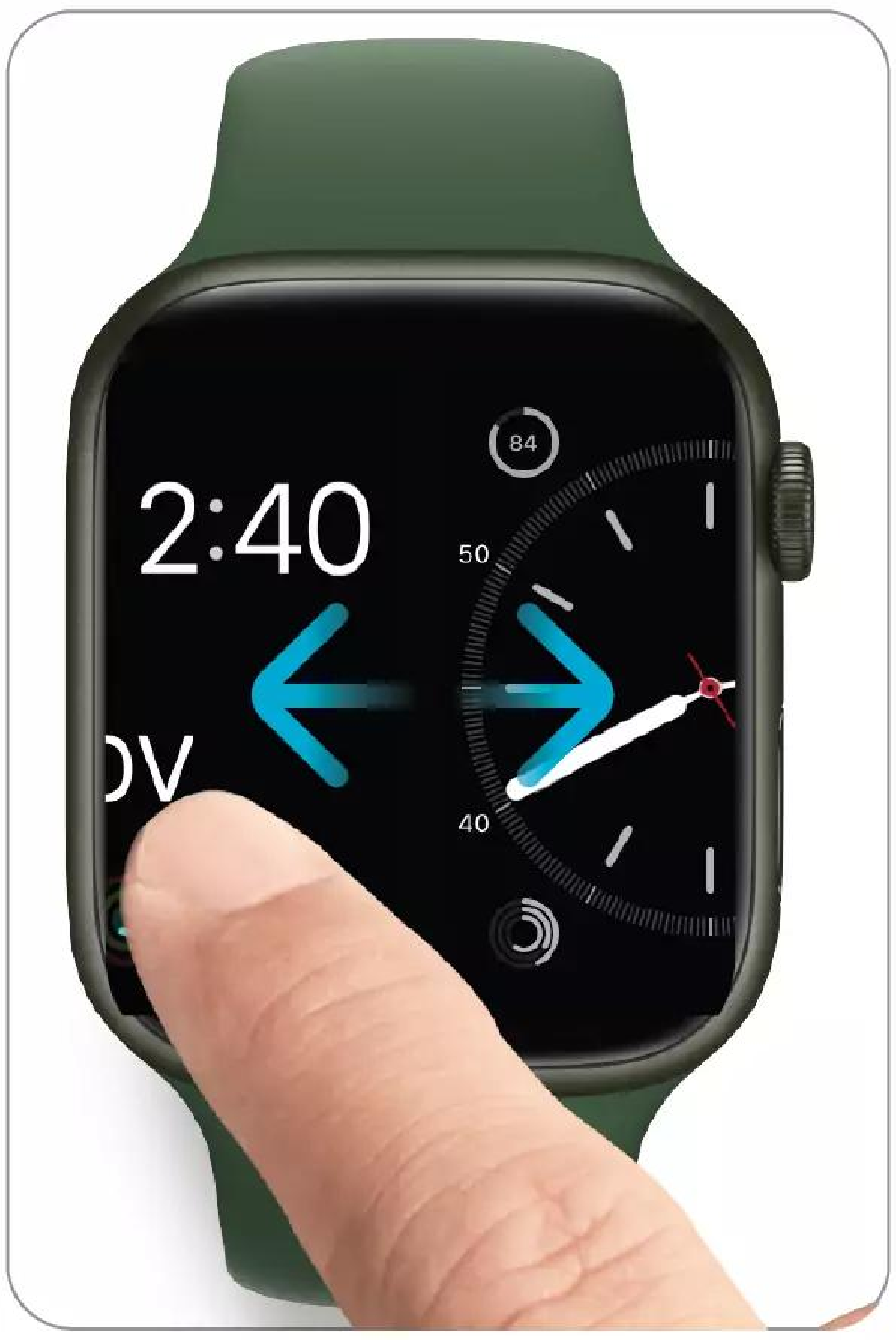
From the main watch screen, swipe down to access the Notification Screen. A red dot at the top of the watch face means you've unread notifications. To get back to the watch screen, swipe up again or press the Digital Crown.

Swipe Up



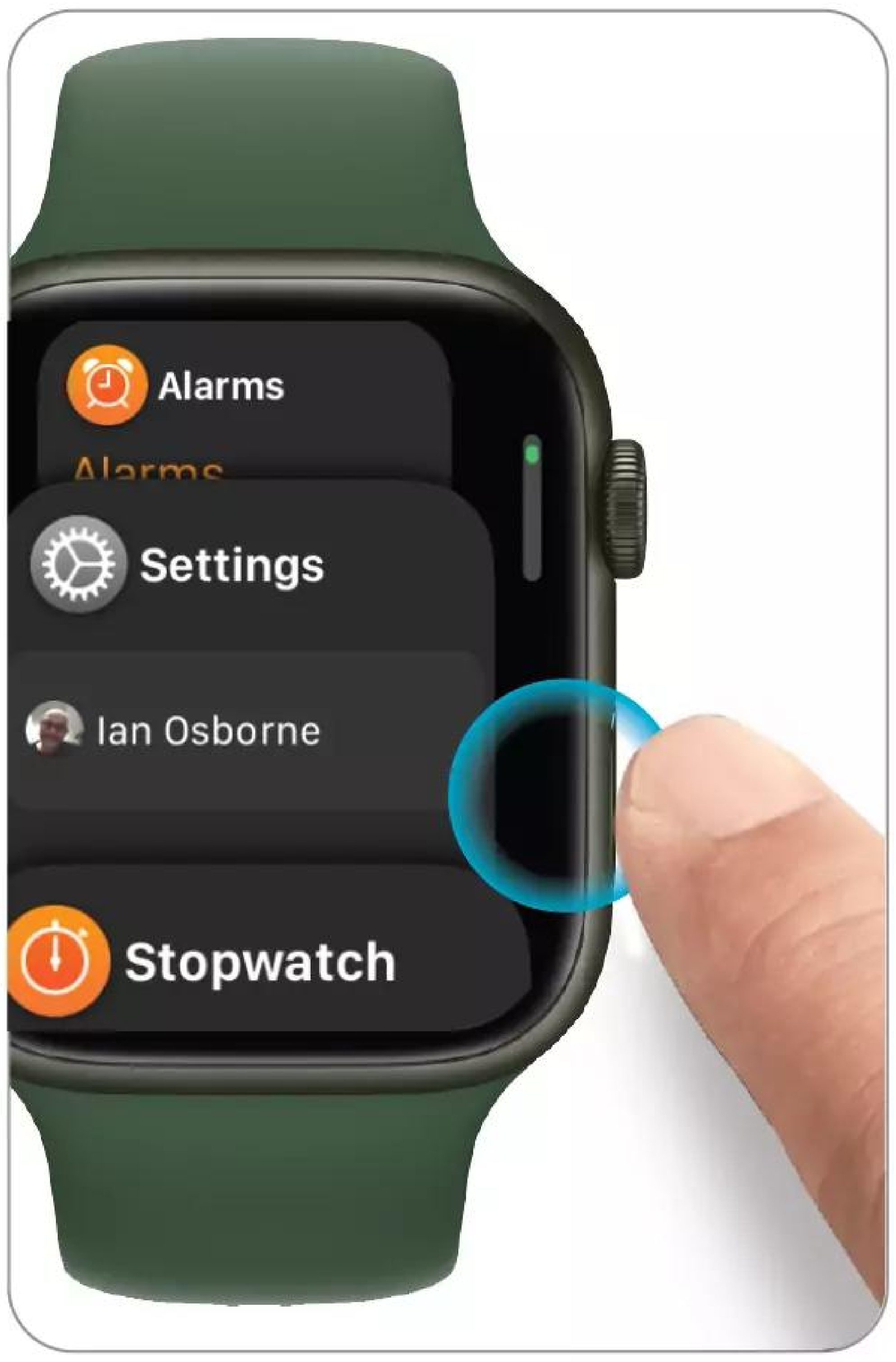
Swiping up from the watch face takes you to its Control Centre. This gives you quick access to controls that silence your watch, turn it into a flashlight, ping your iPhone, turn on Airplane or Theatre Mode and more.

Swipe Sideways



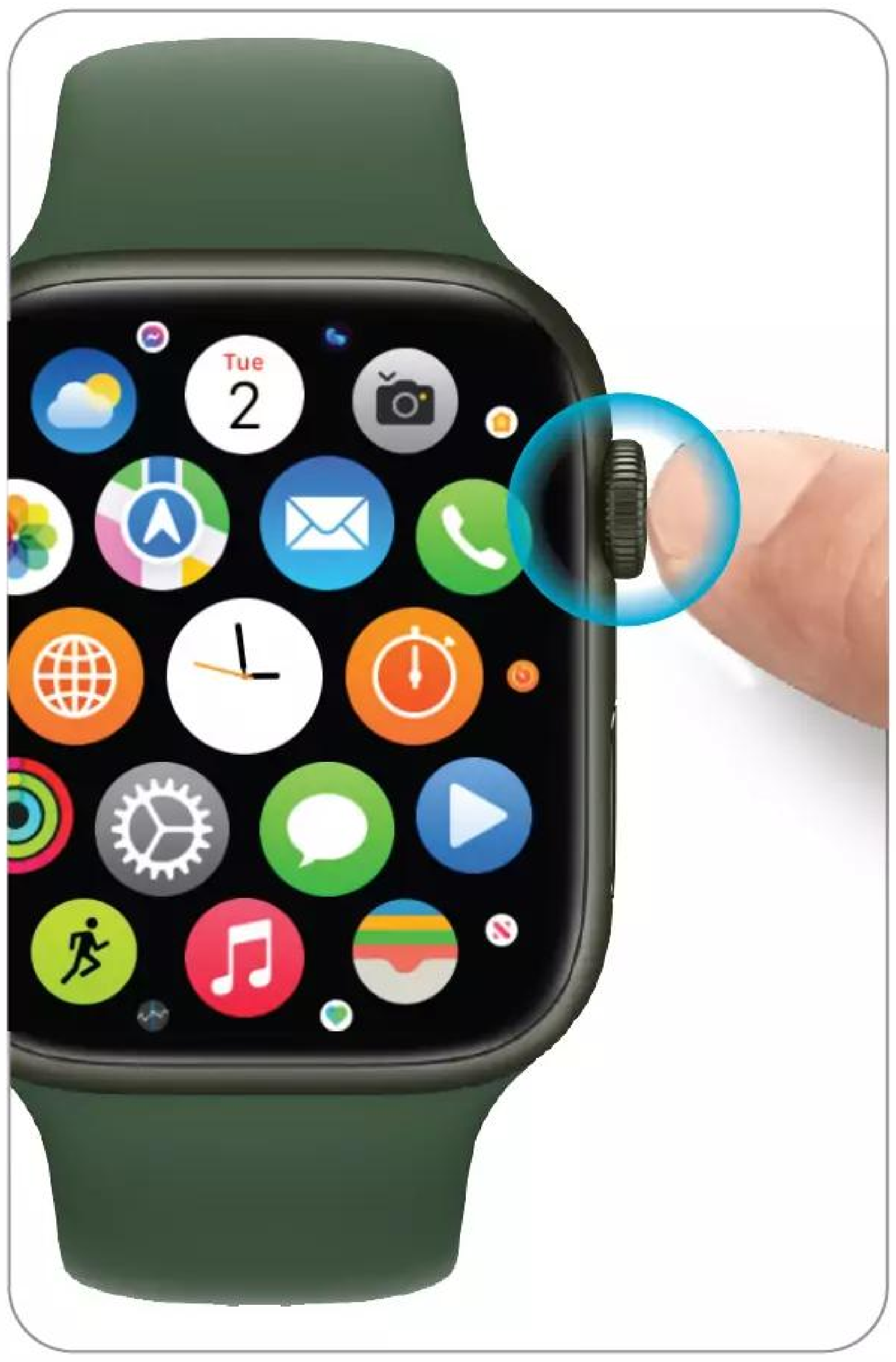
Swiping left and right from the watch face cycles between different faces. Find one you like and then, if you want to edit it in any way, tap and hold the crystal covering the watch face and tap the Edit button.

The Side Button


Alarms
Settings
Ian Osborne
Stopwatch

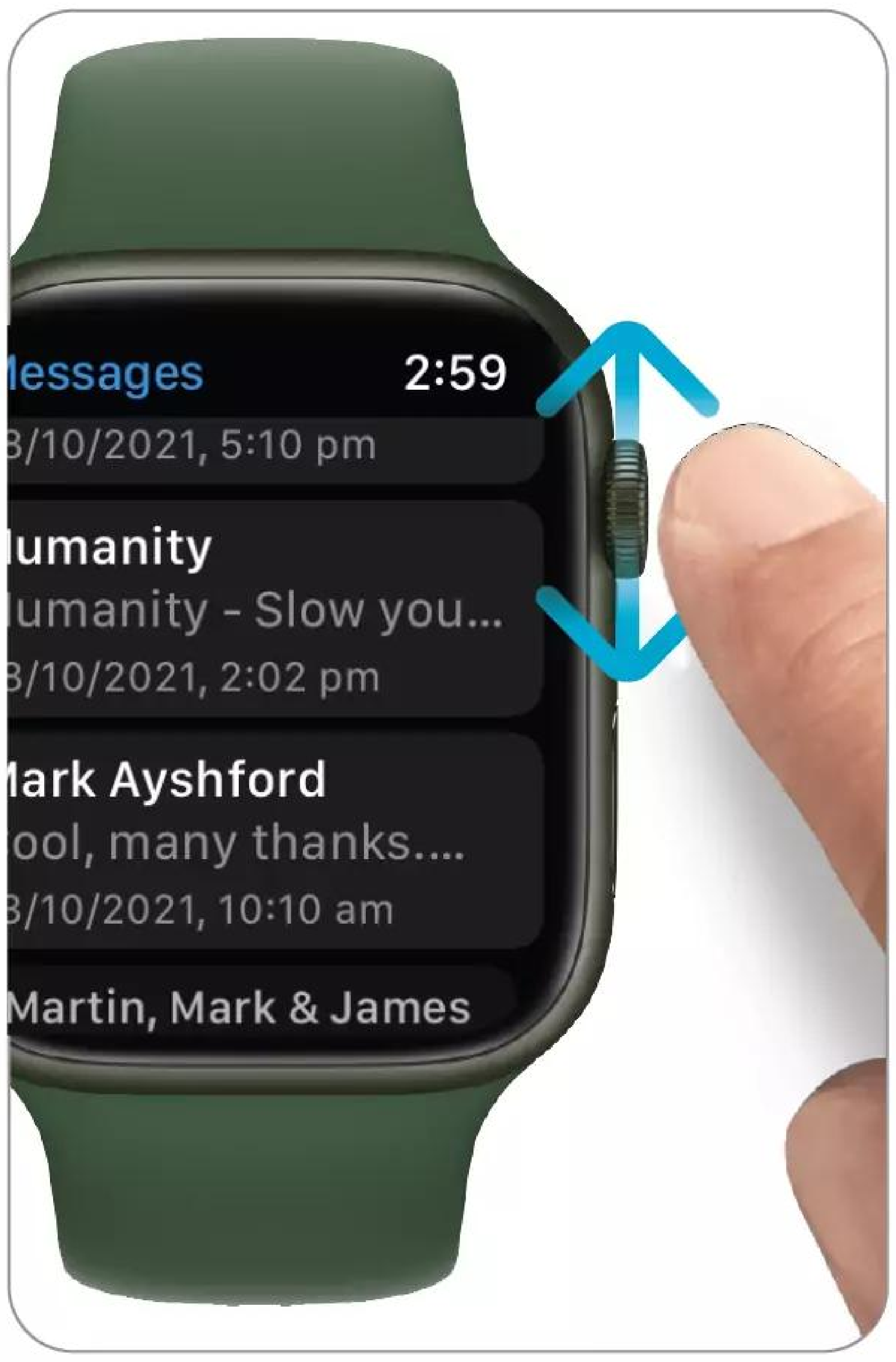
Press the Side Button to get to the watchOS Dock. Double-tap it to open the Wallet app and make payments on your registered cards. Press and hold it for the Power Off, Medical ID and Emergency SOS features.

Press Digital Crown



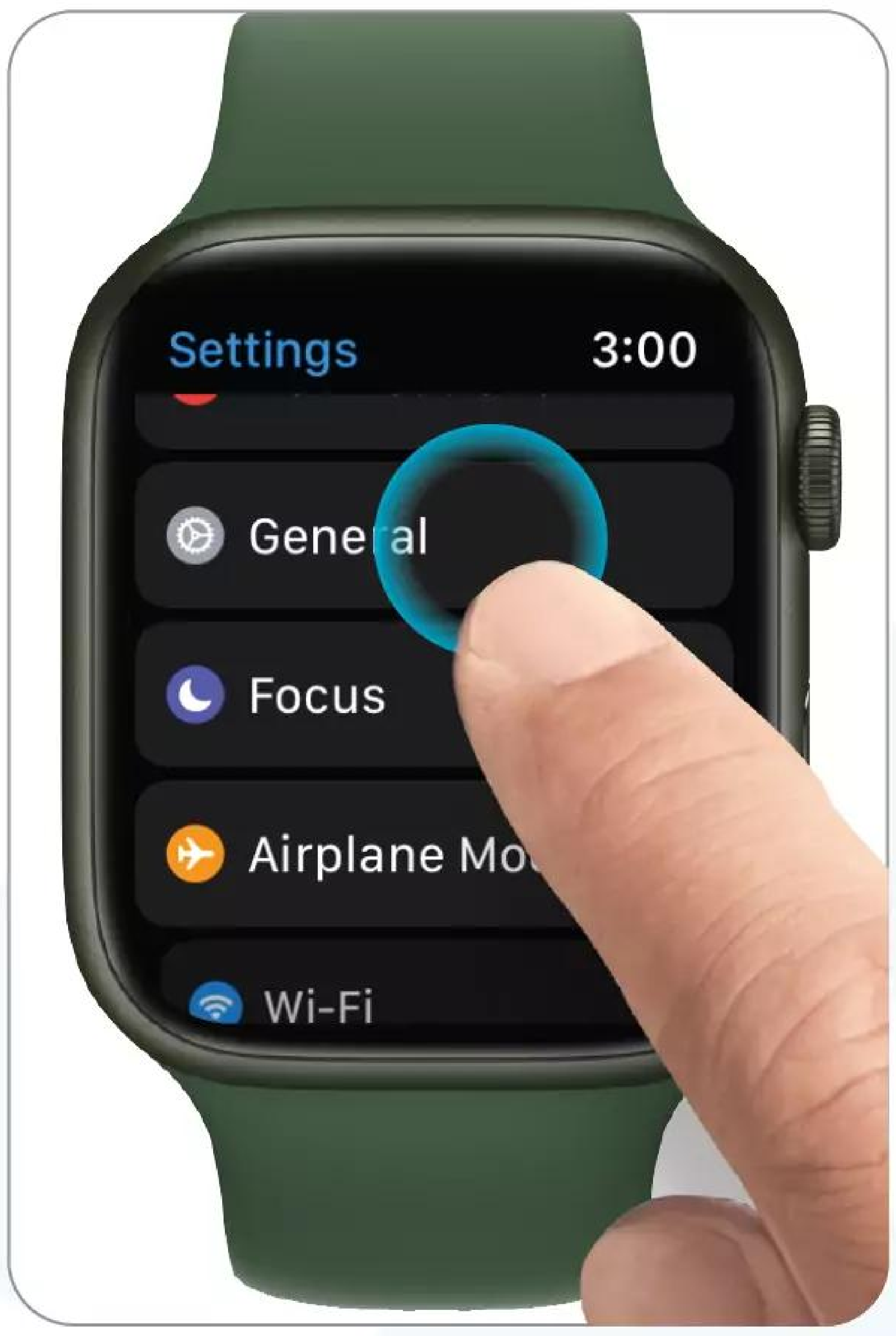
A single press on the Digital Crown takes you to the app screen or back to the watch face if you're already on the app screen. Double tapping takes you to the last app you used; press and hold it for Siri.

Turn Digital Crown


lessages
2:59
3/10/2021, 5:10 pm
lumanity
lumanity - Slow you...
3/10/2021, 2:02 pm
Mark Ayshford
ool, many thanks....
3/10/2021, 10:10 am
Martin, Mark & James

Turn the Digital Crown to scroll through menus, or to zoom in and out of a photo or map, like the iPhone's pinch gesture. It can also scroll through messages and emails, like swiping up and down on your iPhone.

Tap Screen


Settings
3:00
General
Focus
Airplane Mo
Wi-Fi

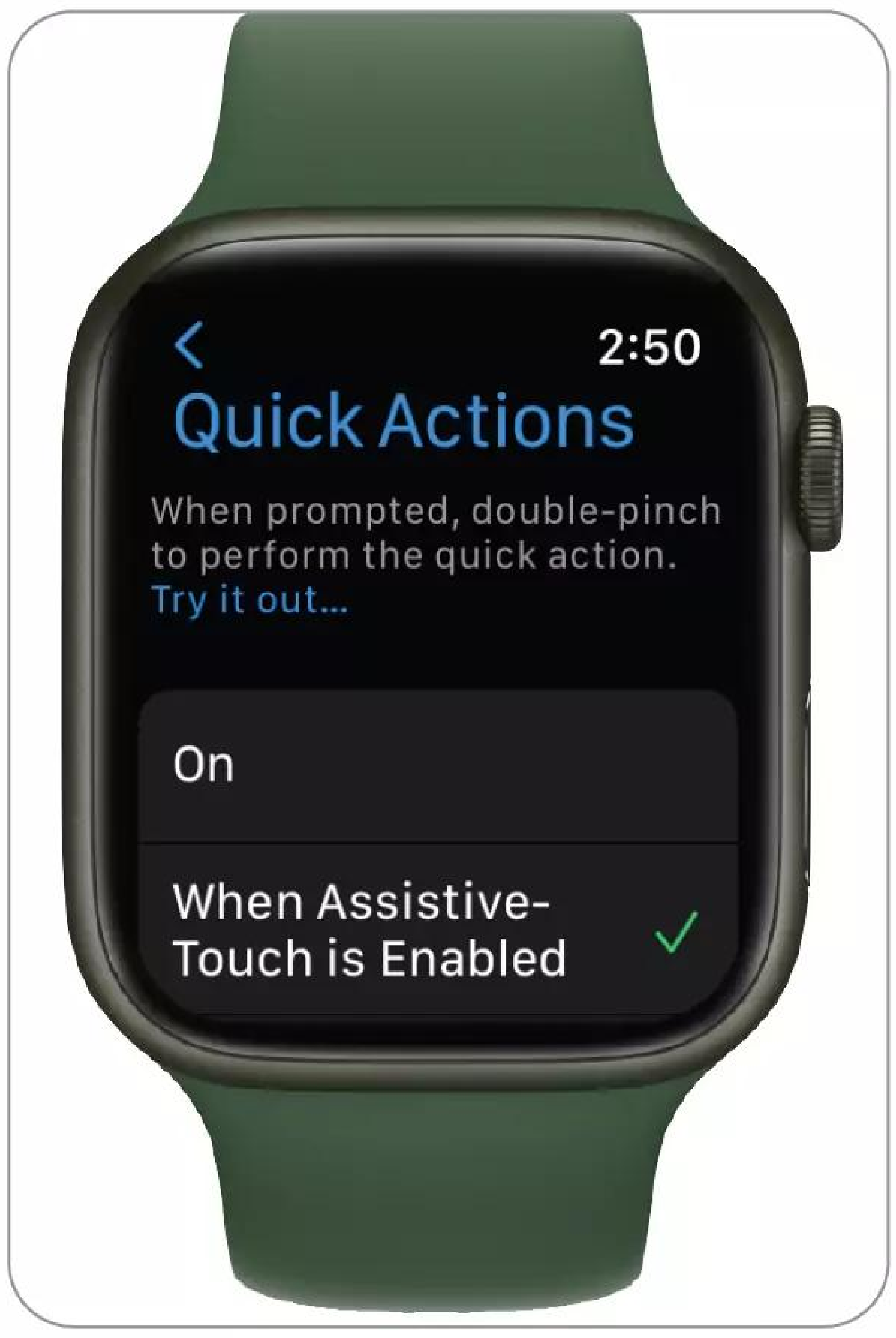
The Apple Watch has a touchscreen, so unsurprisingly, its most basic gesture is a simple tap. Do this to operate on-screen buttons and to select options. For example, tap an app icon on the home screen to open it.

Deep Press

Modular
10:09
Tuesday
2 N

A deeper press on the screen causes it to vibrate and activate an alternative option, a little like Force Touch on the latest iPhones. For example, a Deep Press on the watch screen allows you to edit or share the watch face.

Quick Actions


2:50
Quick Actions

When prompted, double-pinch to perform the quick action.
Try it out...

On
When Assistive-Touch is Enabled ✓

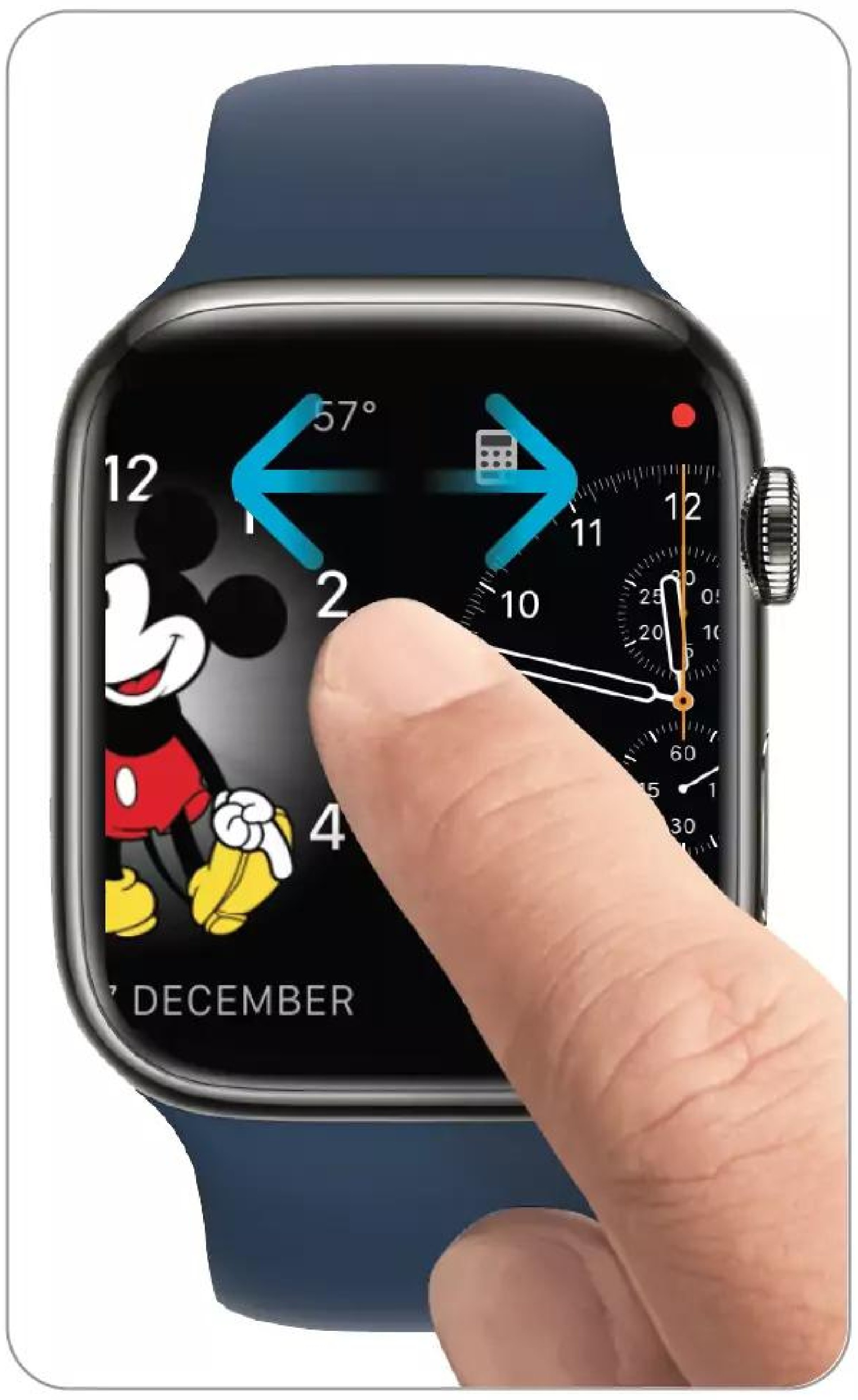
When not in use, the Apple Watch's screen dims, or on older models turns off altogether, to save battery power. To wake it or bring it to full brightness, lift your wrist to your face, tap the screen or press any button.

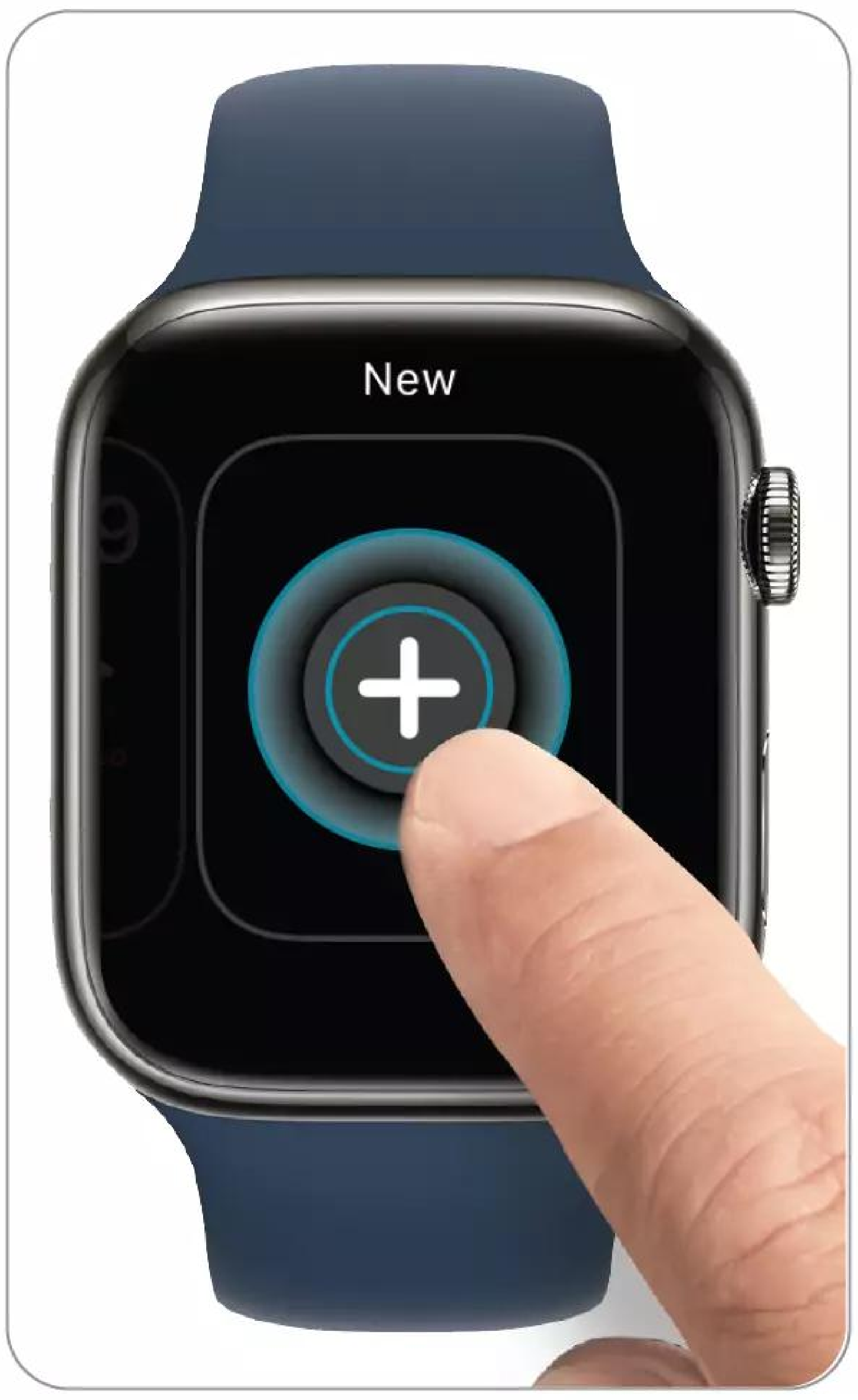
Customising the Watch Face

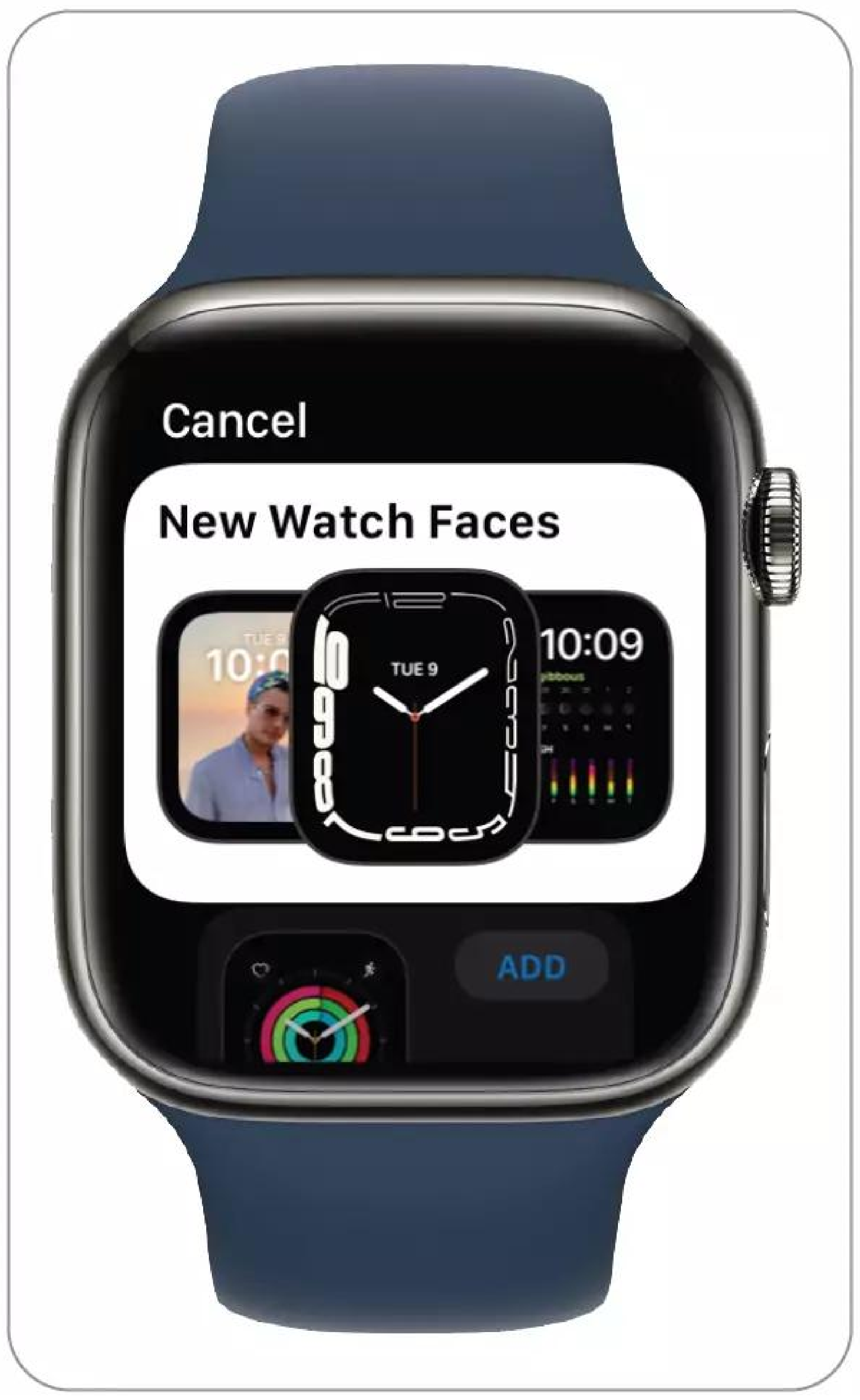
One of the best things about Apple Watch is you can change your watch face. If you get bored with the one you're using, swap it for another. Most of the faces on offer can be customised too, both cosmetically and on a practical level, changing the complications that draw information from Apple Watch's apps. Some faces aren't available on some older models.

Changing Your Watch Face

Changing and customising your watch face is easy. There are currently eleven unique faces to choose from, all of which can be customised, and two options to use your own photographs as a face for your Apple Watch.







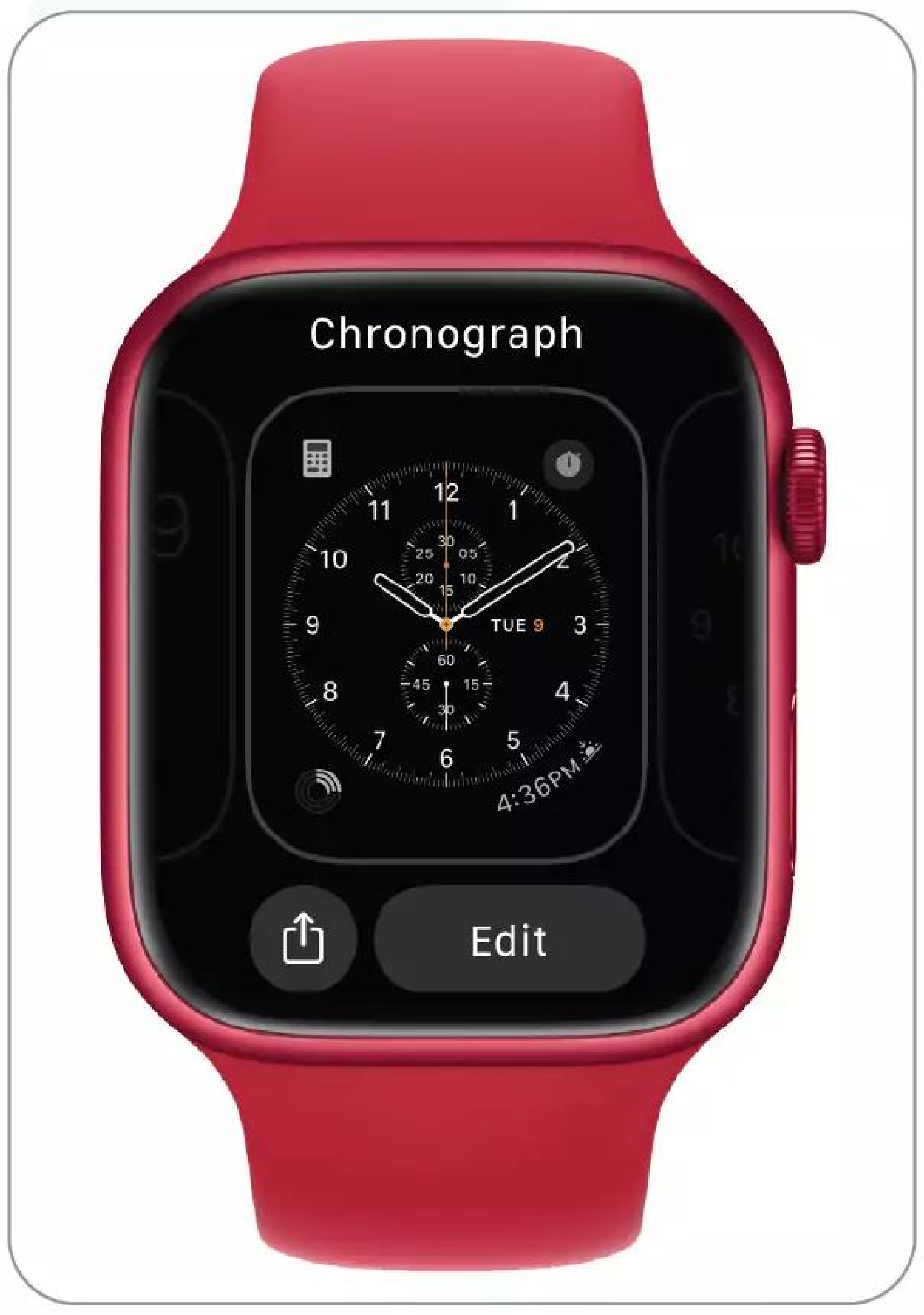
1 To cycle between available faces on your Apple Watch, swipe inwards from the right or left edge of the screen. Your watch face is replaced by the next one in line. Keep going until you find the face you want.

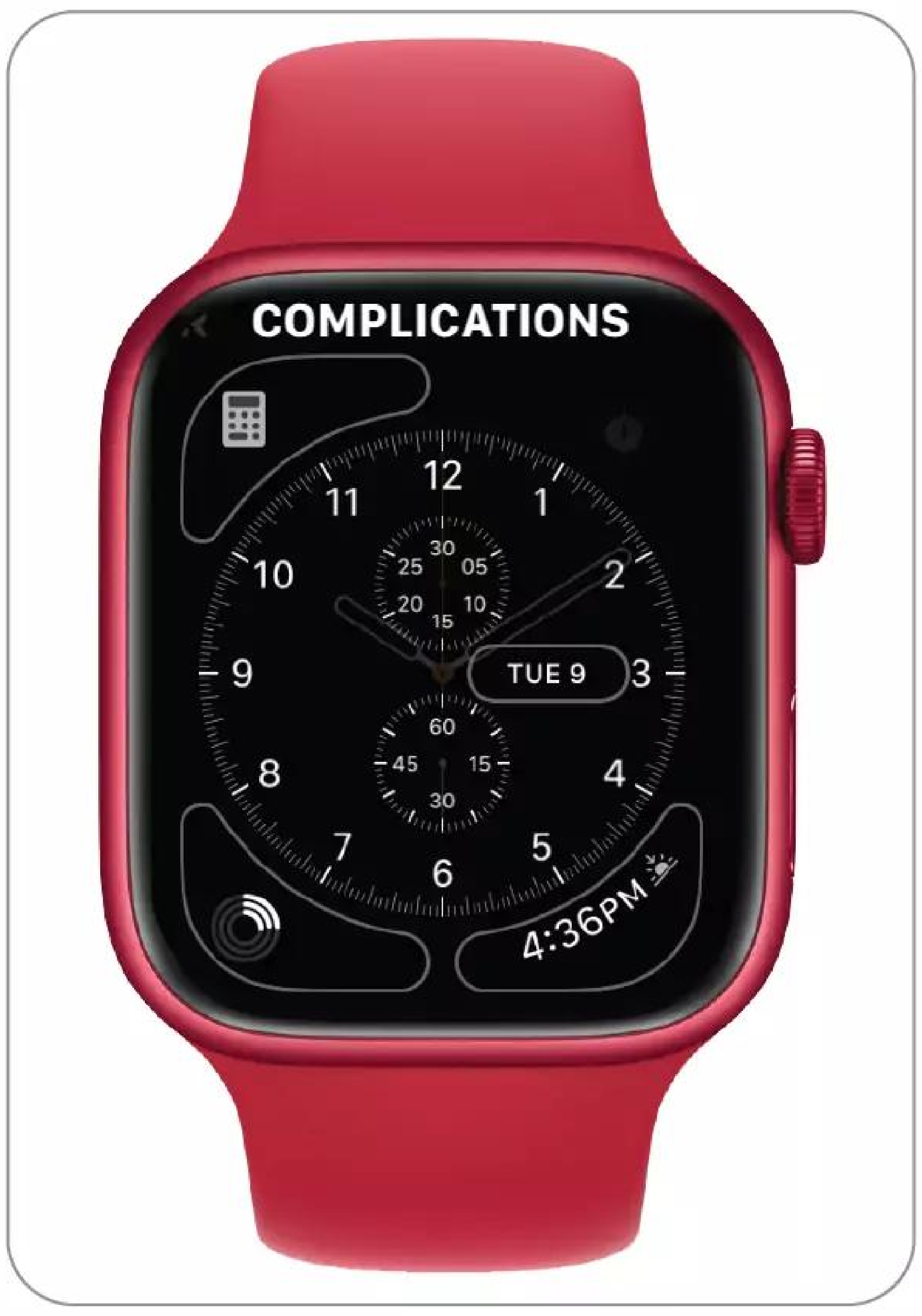
2 Press and hold on the glass to get to the editing screen. Hold and drag a watch face to reorder, drag one upwards and tap Remove to delete it. To add a new face, swipe all the way right and tap the plus icon.

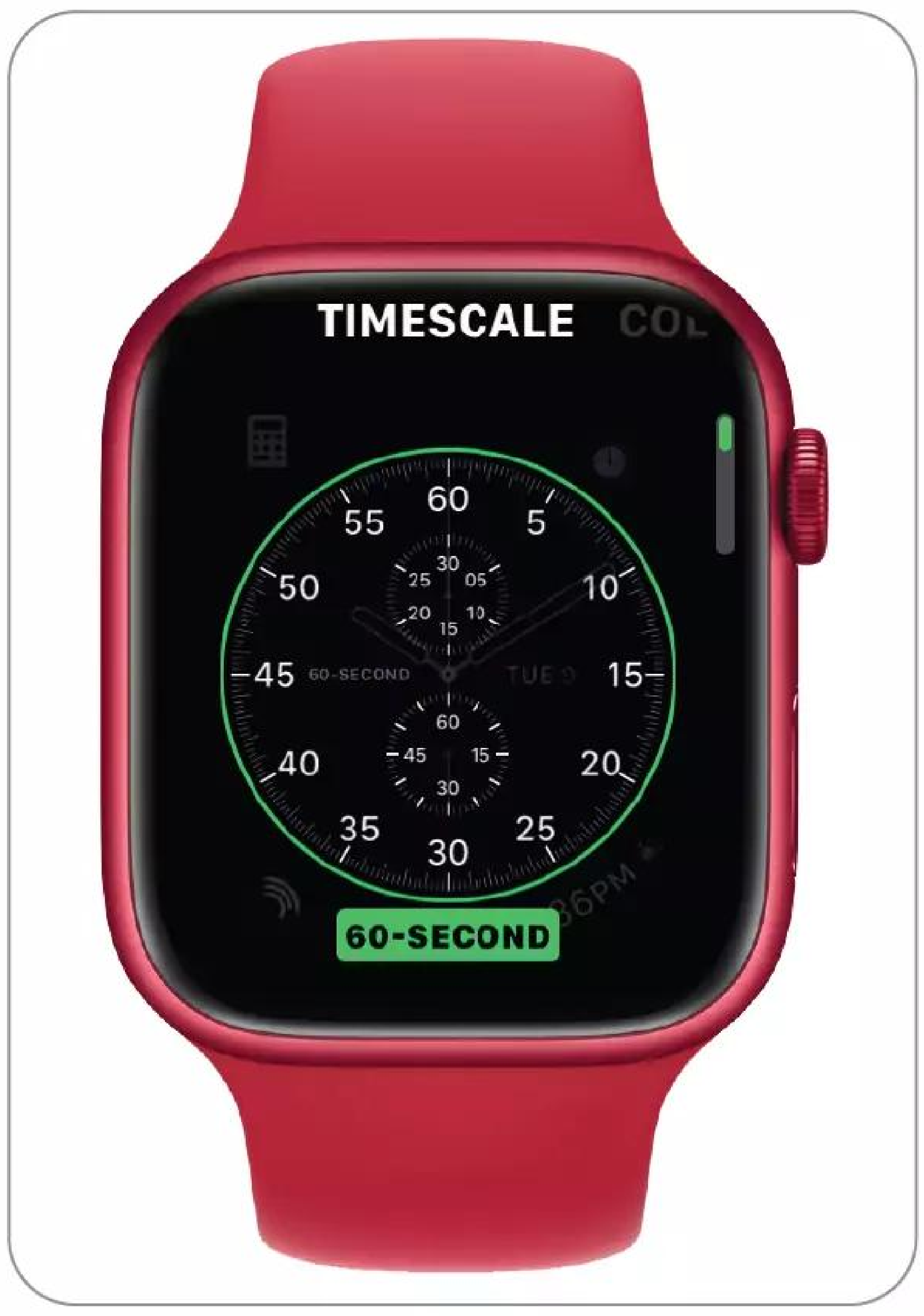
3 Scroll up and down the list with your Digital Crown, and tap Add to add a new watch face to the range on offer on your Apple Watch. You can then swipe it to use it, and edit its Complications to suit.

Choosing and Using Complications

Complications are special features you can add to your watch face. Taking information from the watch's apps, they offer things like calendar appointments, the date and world time at a glance. Here's how to use them.


Chronograph
TUE 9
4:36PM
Edit

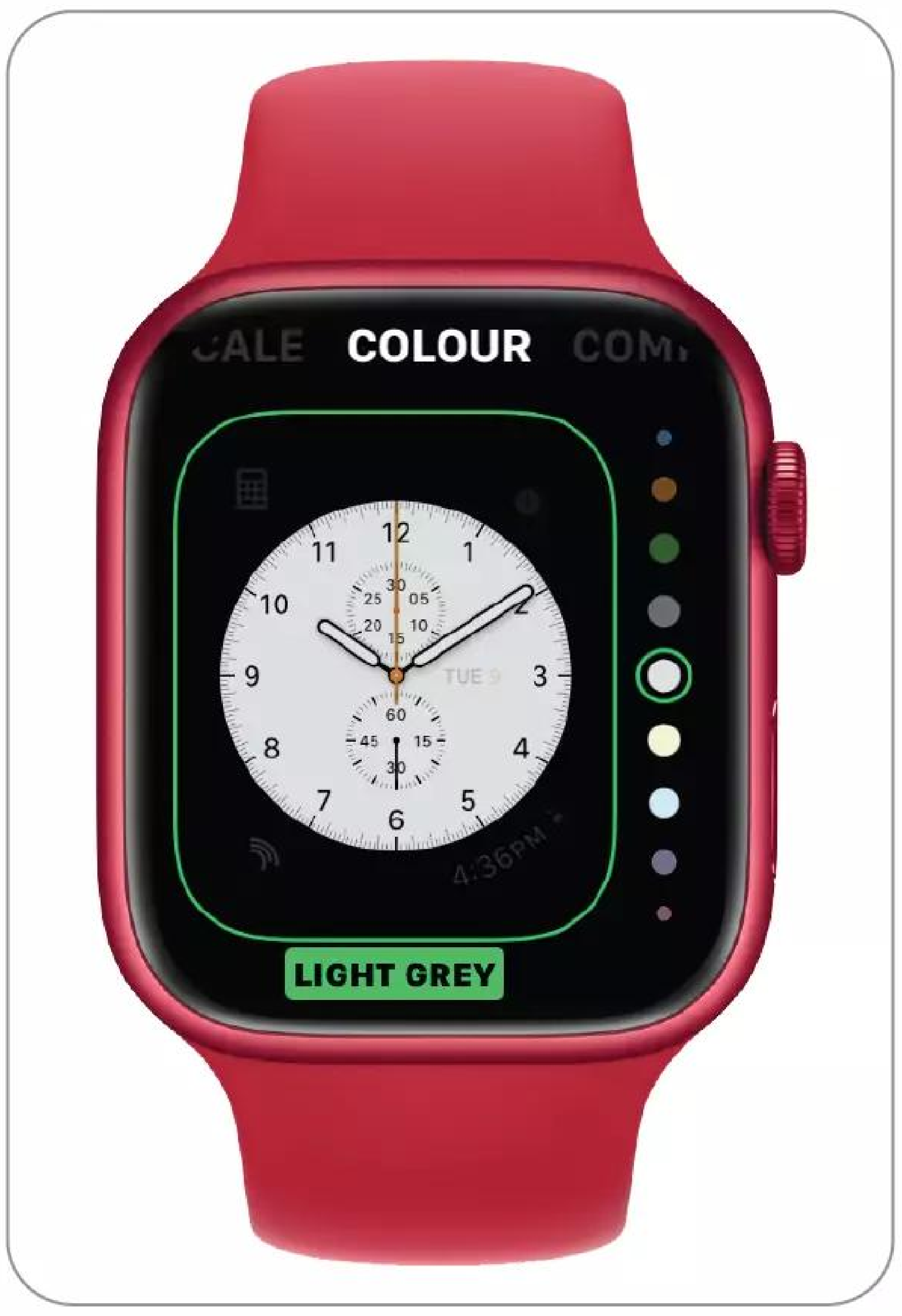

COMPLICATIONS
TUE 9
4:36PM

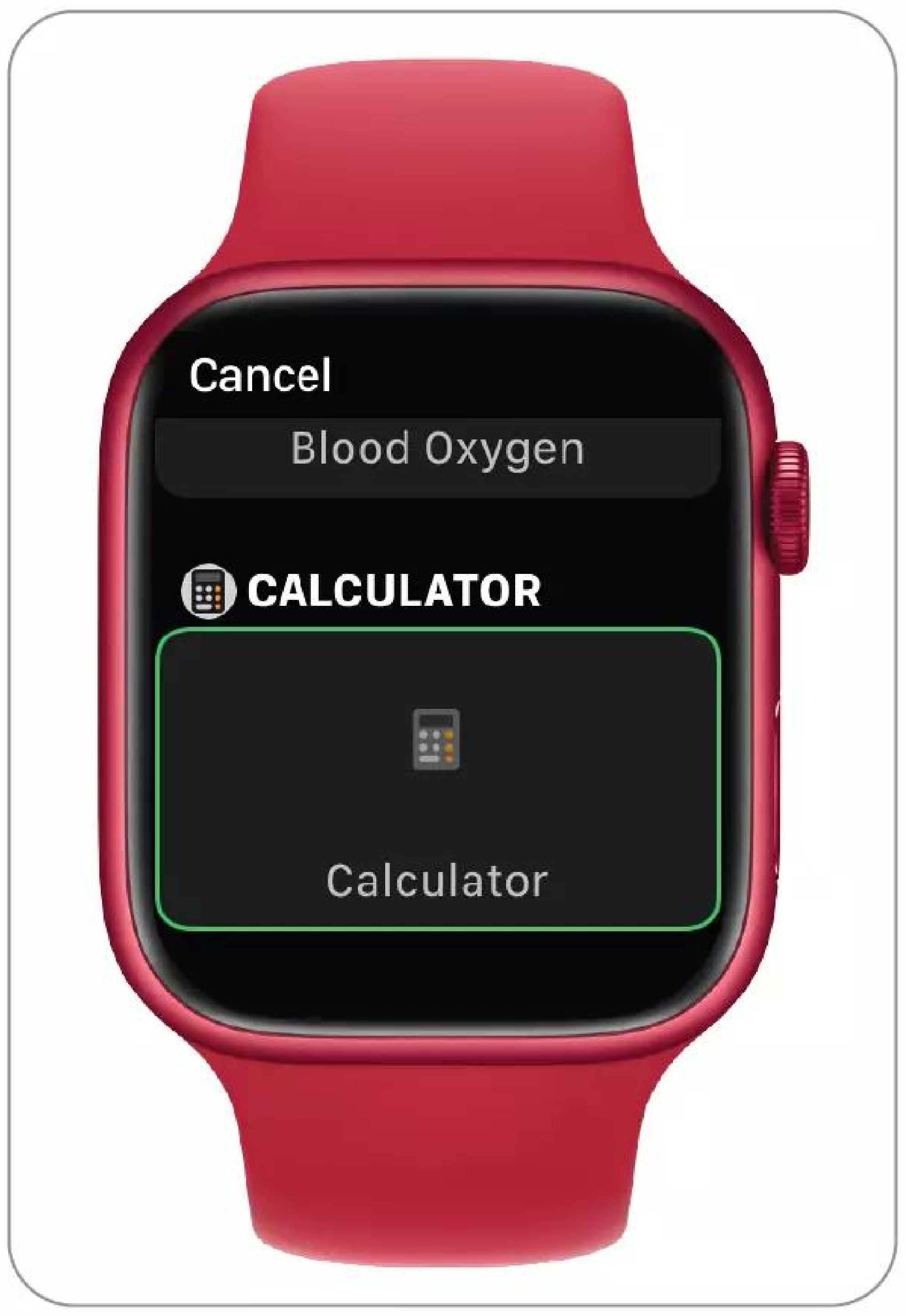

TIMESCALE
60-SECOND

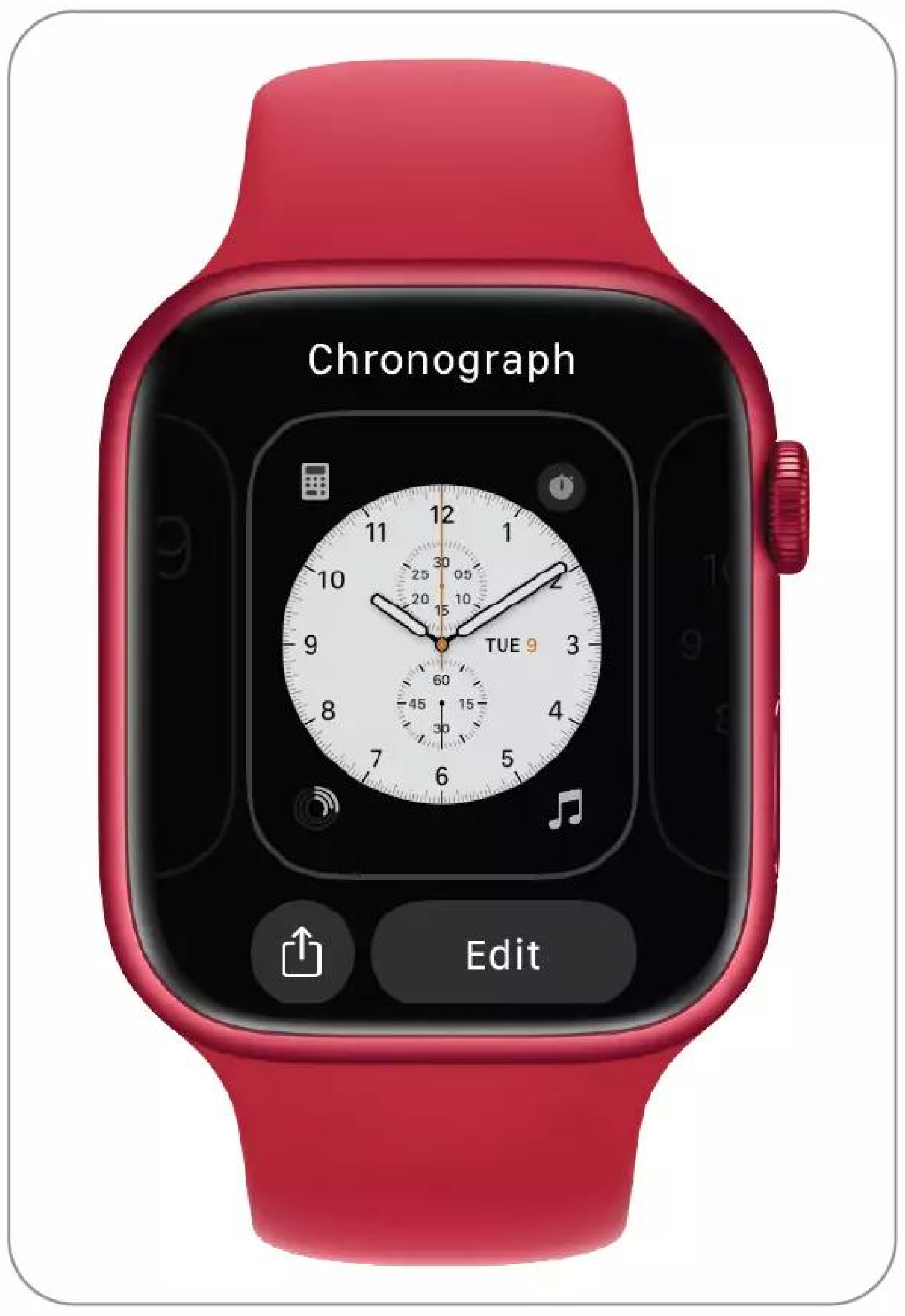
1 Complications give you information gleaned from Apple Watch apps at a glance, and also an easy way of opening the app that produced them. To edit your complications, first tap and hold the screen.

2 Tap the Edit button. Swipe left and right to see what you can customise. Scroll up and down using the Digital Crown to see the variations, in real time. Settle on the one you want.

3 A lot of watch faces let you change various on-screen colours too. It could be as much as the entire background, or as little as a second hand, but you change it with the Digital Crown.


COLOUR
LIGHT GREY


Cancel
Blood Oxygen
CALCULATOR
Calculator


Chronograph
TUE 9
Edit

4 Swipe to the Complications screen. The Complications are outlined, so you can see where they are. The number of Complications and their position on the screen varies between watch faces.

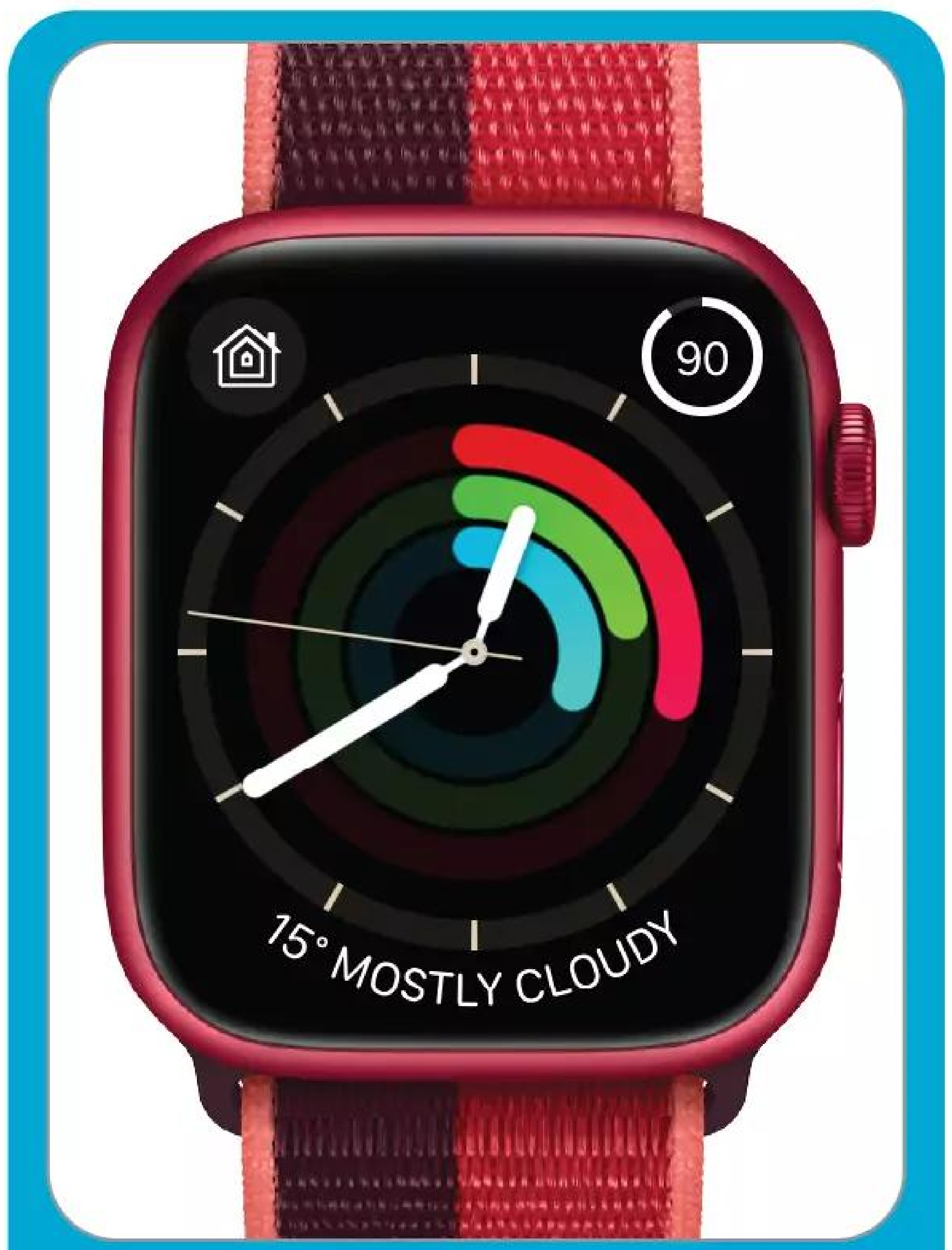
5 Tap one of the Complications on the watch face. You can change the app Complication by scrolling up and down with the Digital Crown. Complications are listed in alphabetical order.

6 When you've finished, and the watch face is set up exactly how you want it, press the Digital Crown to go back to the Edit and Share screen. Tap the watch face (or press the Digital Crown), to use your new watch face.

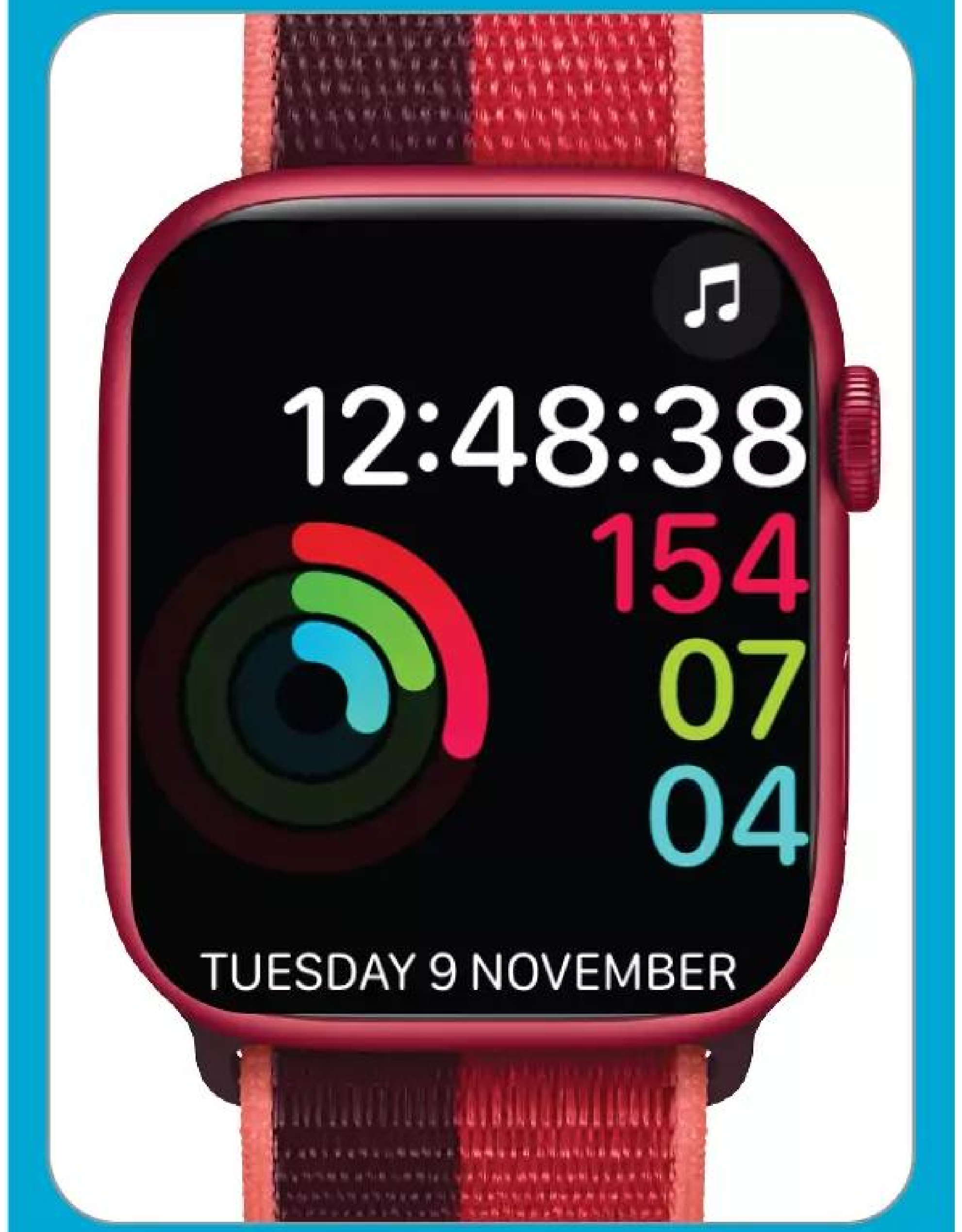
The Watch Faces

With Apple Watch, you can have a new watch face every day if you want, and you can customise them in a wide number of ways, both for fashion and by using Complications. Here's a guide to the current range.

Activity

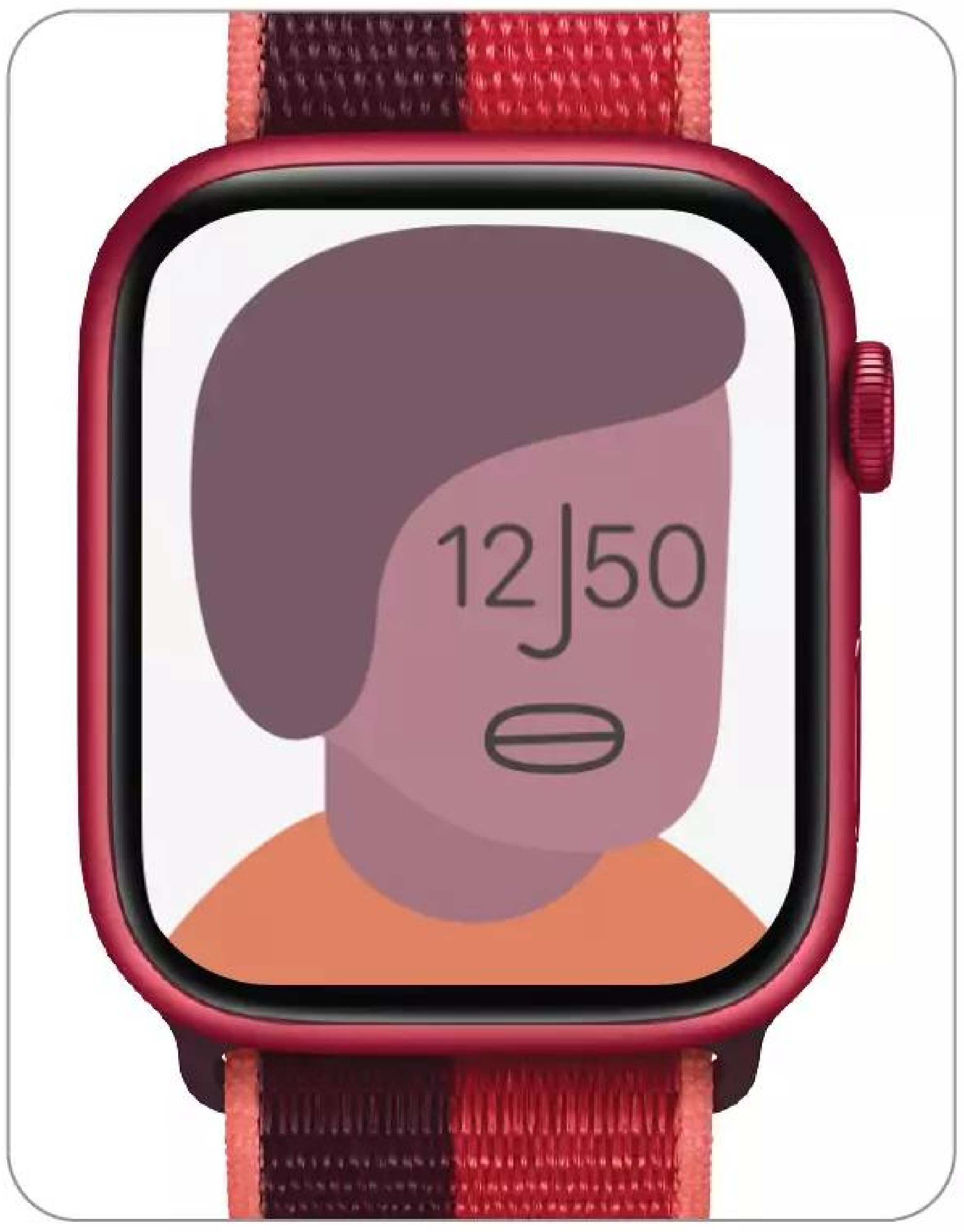


With Activity faces, you can see your rings on your watch face. Your progress is updated throughout the day. Tap the rings to get to the app. The Activity Analogue face lets you choose between concentric rings or as three sub-dials.



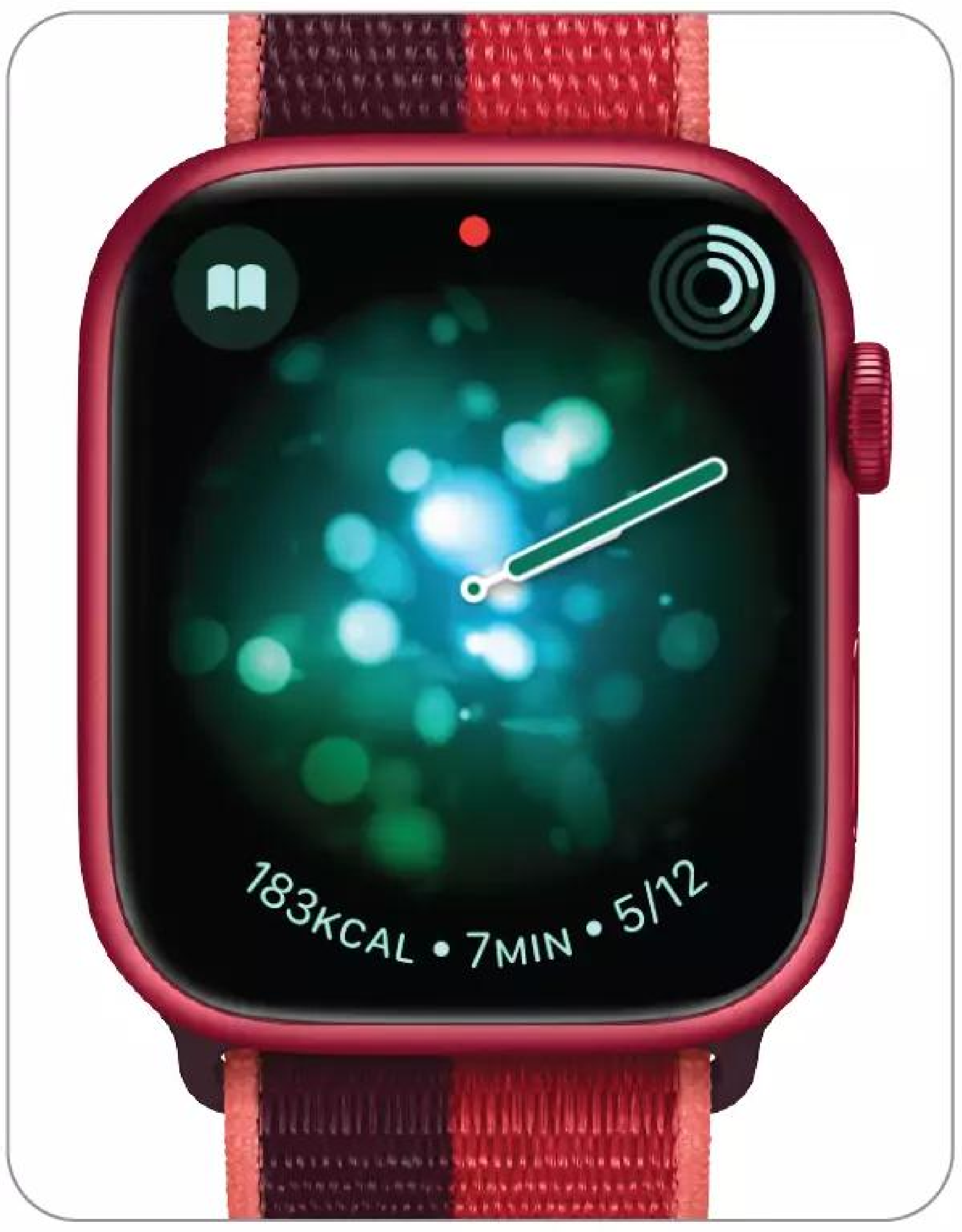
If you prefer to see your Activity status as numbers as well as circles, use the Activity Digital face. You can change the style and colour of the on-screen digital clock as well as the face's Complications.

Artist



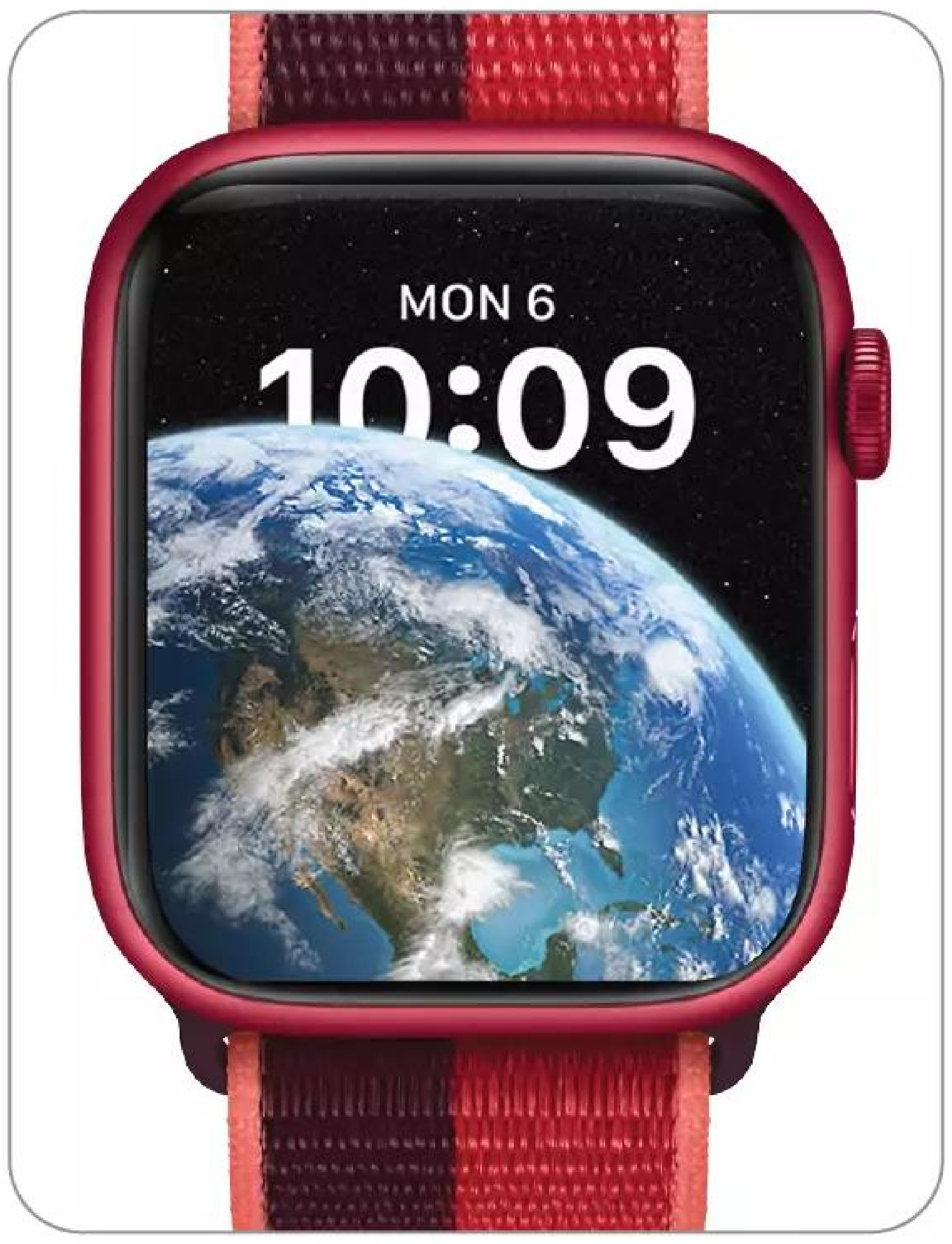
The Artist face was introduced in watchOS 7. There's nothing you can edit and there are no Complications, but the face changes every time you tap the screen. There are millions of combinations that you can try.

Breathe



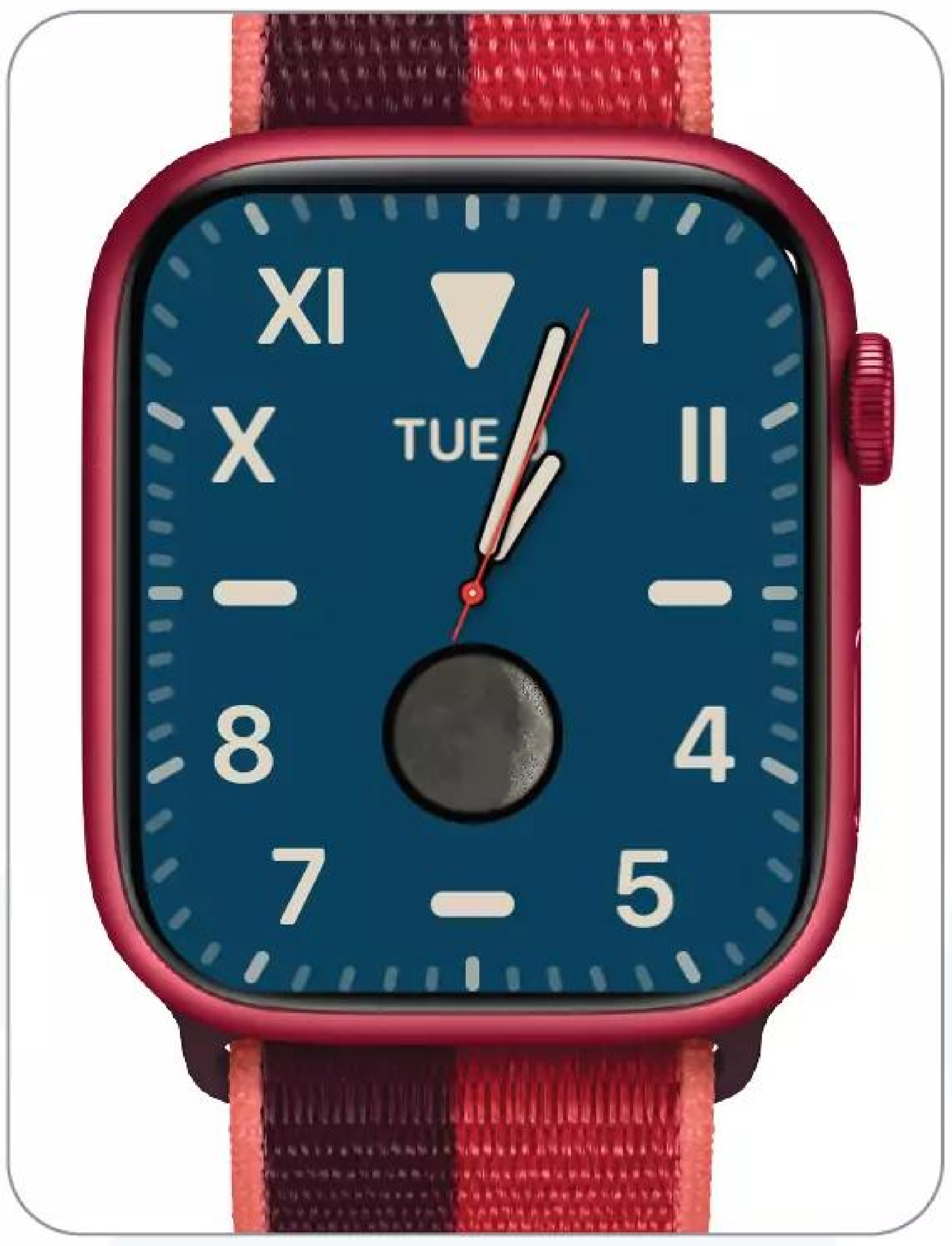
This attractive watch face has three distinct styles to choose from; Classic, Calm and Focus. It also has three Complications; two in the top corners, and a rocker underneath that's ideal for Activity, if you so wish.

Astronomy



The Astronomy watch face has been completely overhauled for watchOS 9. It now shows a variety of views of the solar system, the Earth and the Moon, offers a couple of complications and more.

California



A new face for SE, Series 4 and above, you can choose from a range of numerical styles, a full-screen (two Complications), or circular (five Complications), dial and of course, its unique colours.

Lunar

The new Lunar face depicts the relationship between the regular Gregorian calendar and lunar calendars. The lunar calendar is important to a lot of cultures, including Chinese, Islamic and Hebrew.

Chronograph

This old school watch face is very customisable. You can change the timescale for the stopwatch, and the colours of the watch hands, which also changes the colour of the date numerical.

Chronograph Pro

Tap the bezel on which the numbers sit on the Chronograph Pro watch face and it turns into a stopwatch. Again, you can customise the timescale. There are four customisable Complications.

Playtime

Created in collaboration with Chicago-based illustrator and artist Joi Fulton, the Playtime face is dynamic and fun. Scroll the Digital Crown to animate the background, and tap the numbers to animate them.

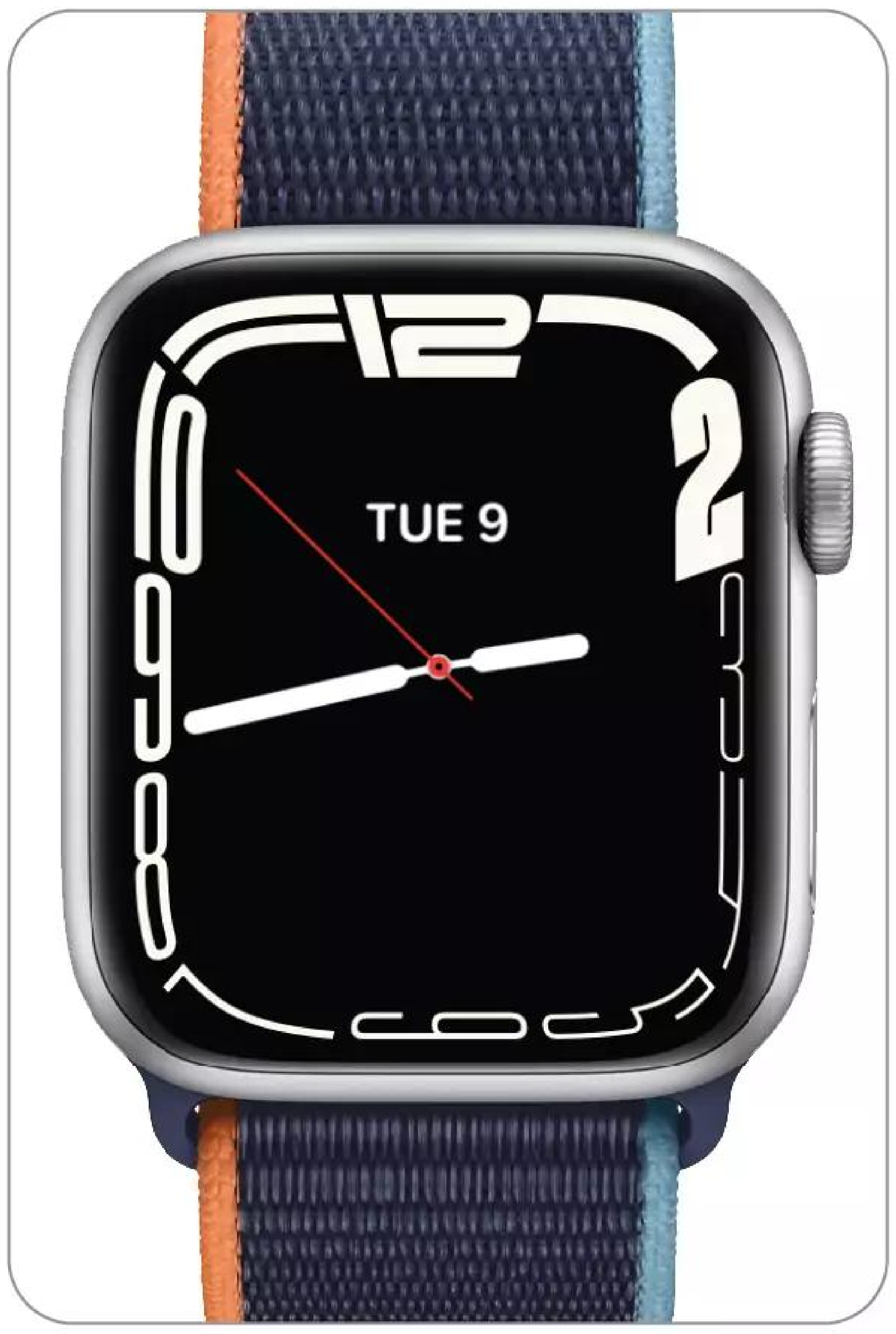
Metropolitan

This one's a classic, type-driven design, a sophisticated watch face that's great for formal wear. Choose from a variety of styles, dials and colours, and there's room for four complications in the corners.

Colour

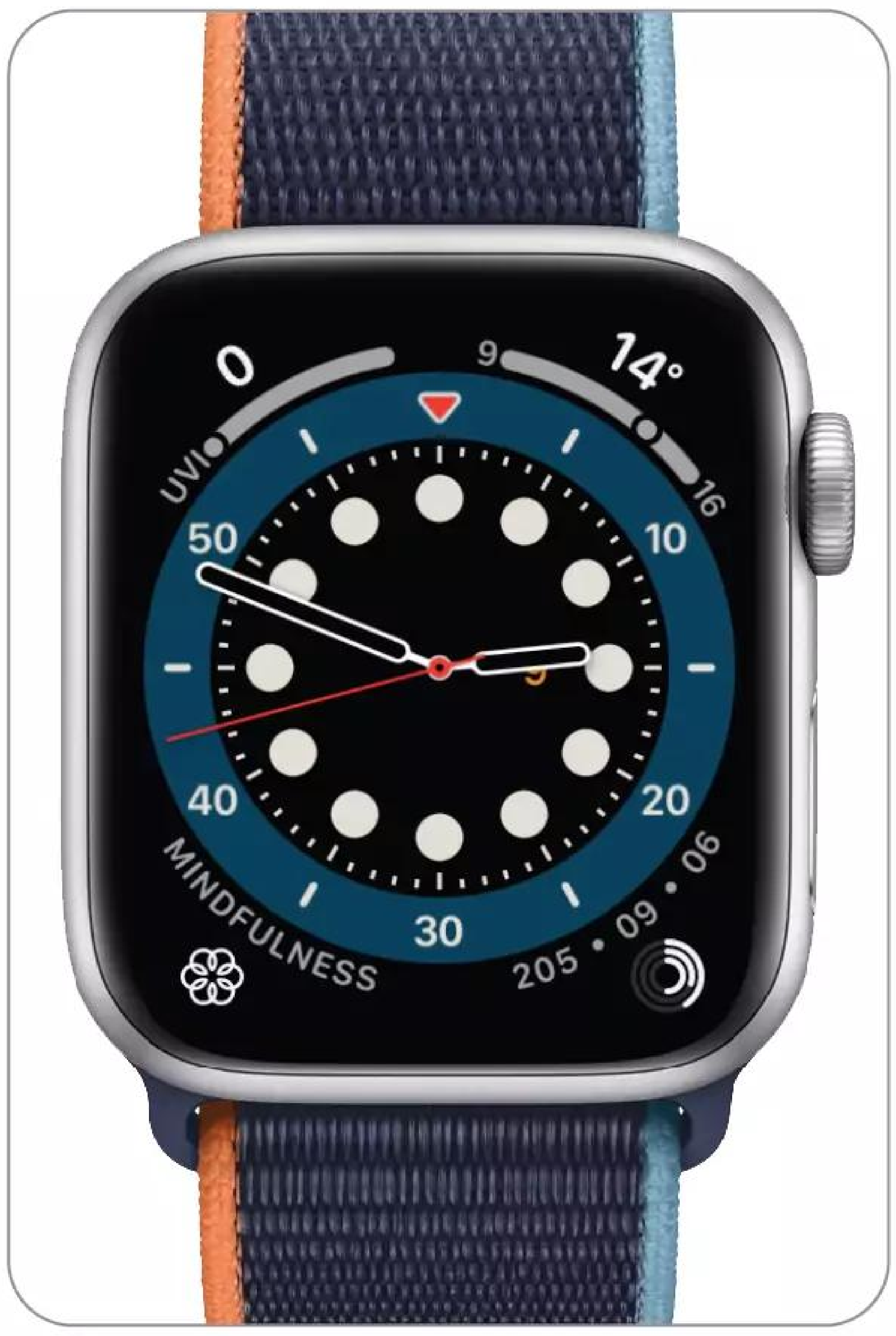
This is the perfect face if you want your watch to match your outfit. You can choose between a rectangular and circular face, add numbers if you wish and use five (circular), or one (rectangular), Complication.

Contour



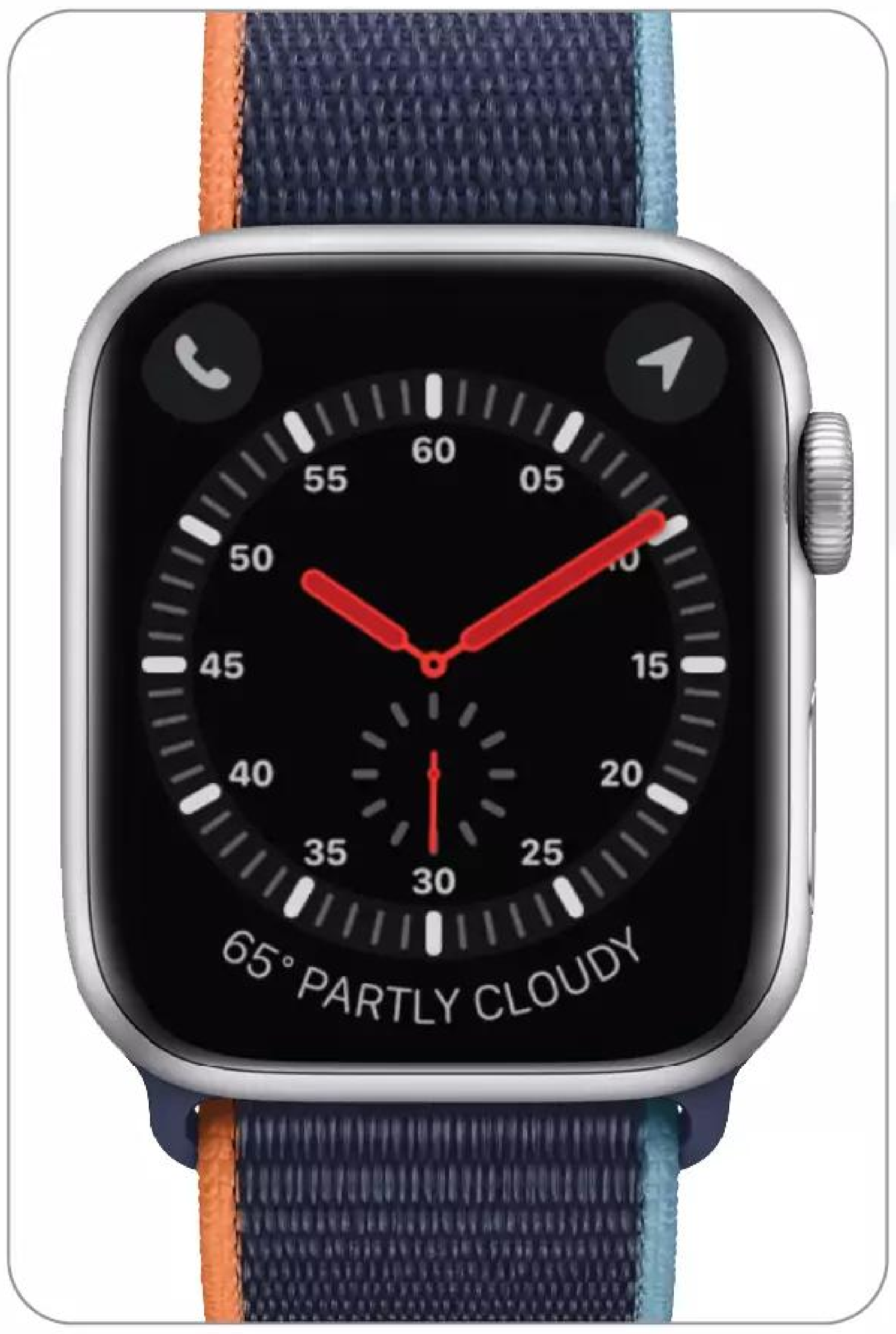
This face is exclusive to the Apple Watch Series 7. Choose between regular and rounded numerals, a black or coloured dial, the colour of your numbers and the two Complications on offer.

Count Up



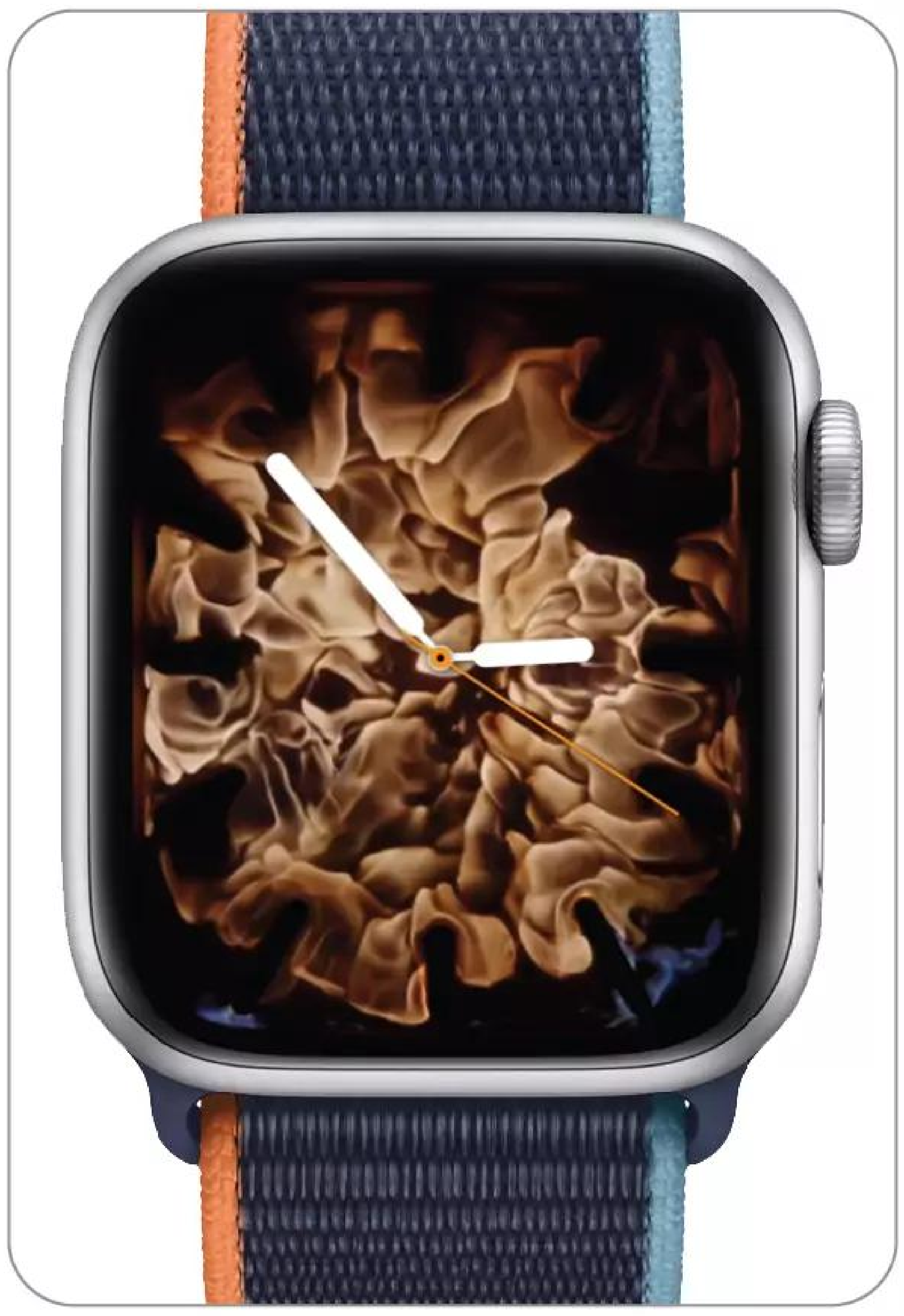
Another face for Series 4/SE or later, this one lets you track elapsed time. Tap the bezel to set the marker to the current time. Customisations are the bezel colour and five Complications.

Explorer



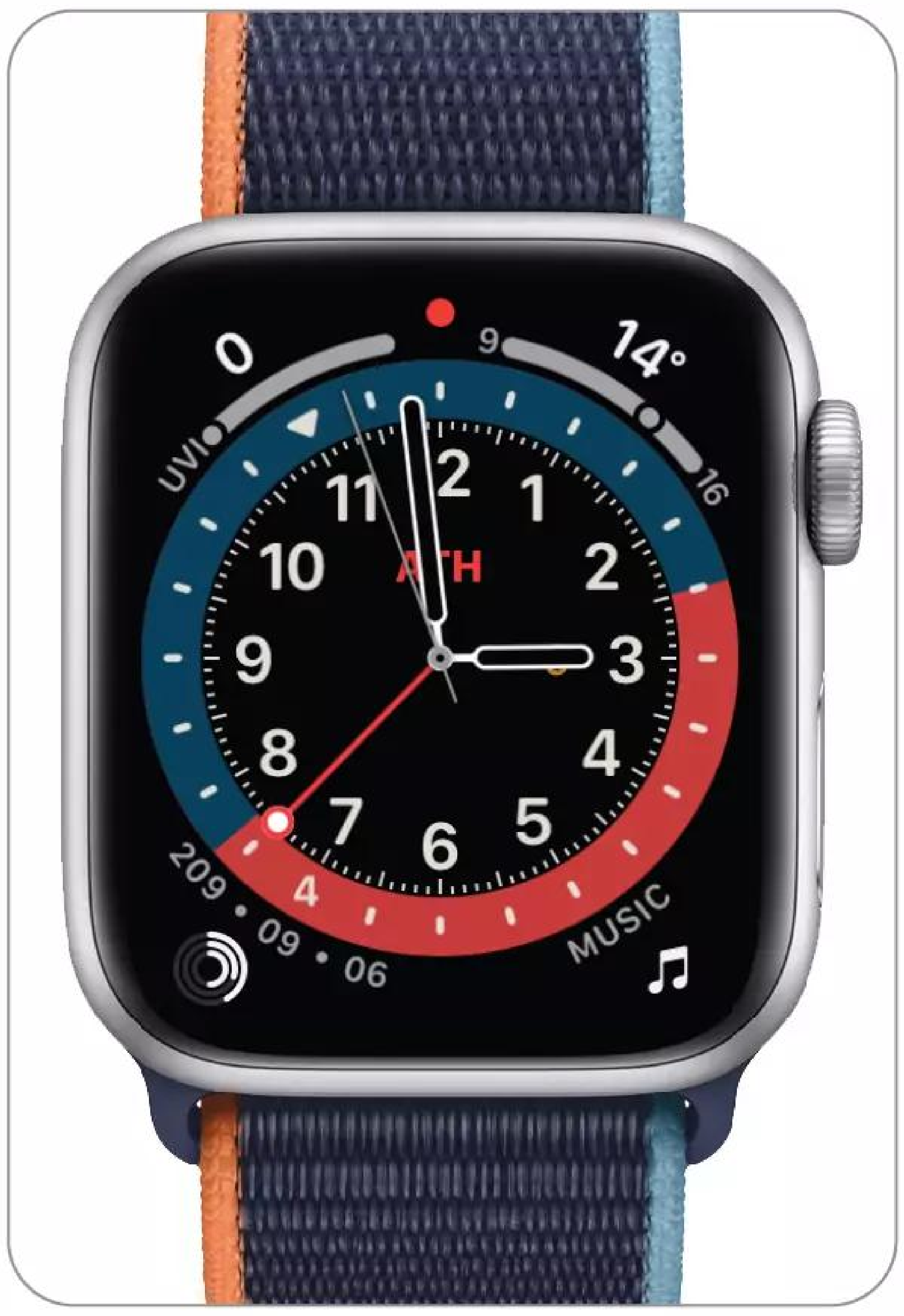
This one's only available on Apple Watch with Cellular Connectivity. It features green dots to indicate mobile signal strength. Customisations are the style of the face and the colour of the hands.

Fire and Water



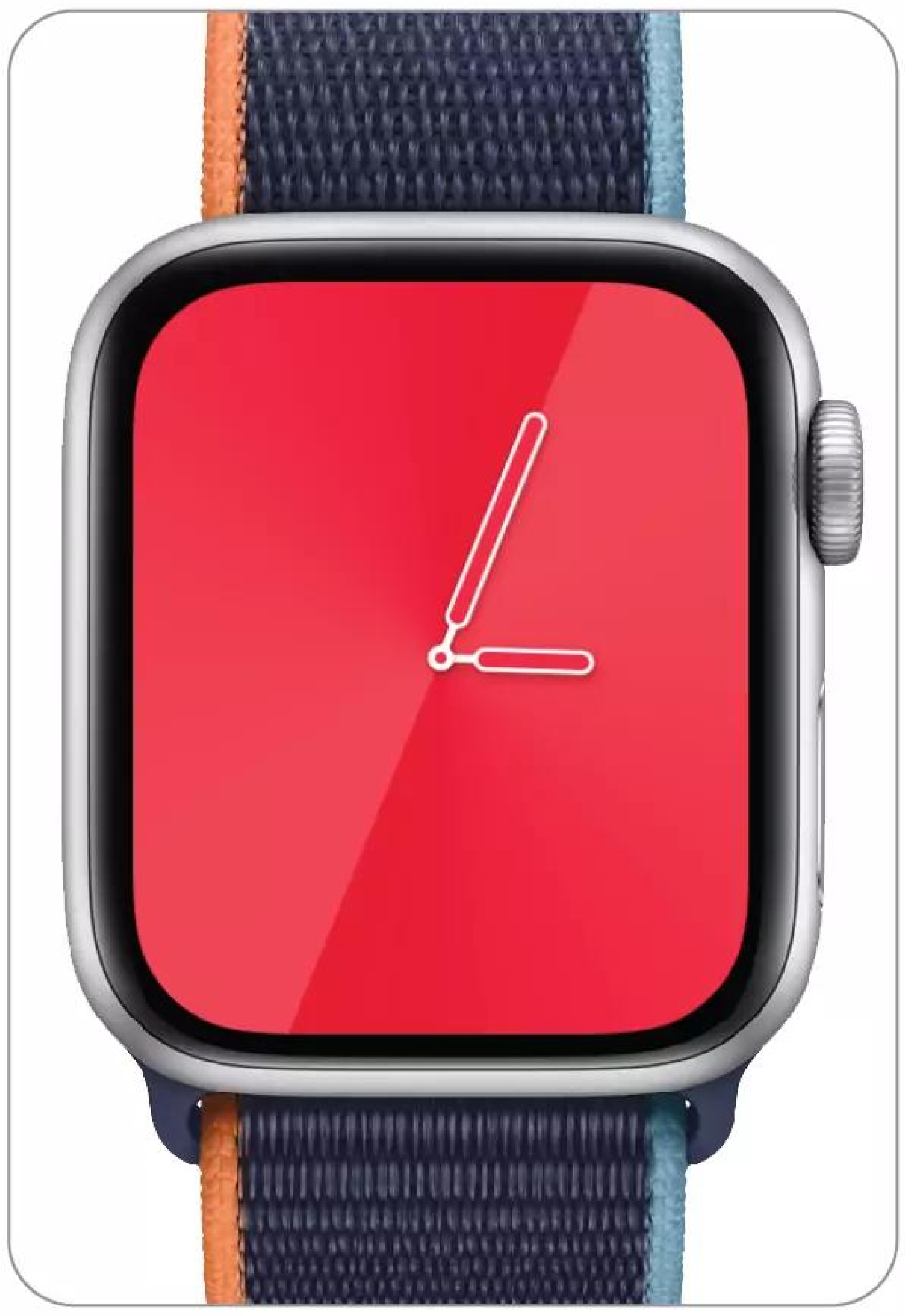
This face offers beautiful fire and water effects. Choose between one, the other or both; and a rectangular or circular dial. Three Complications are available with a circular dial, none for the rectangular one.

GMT



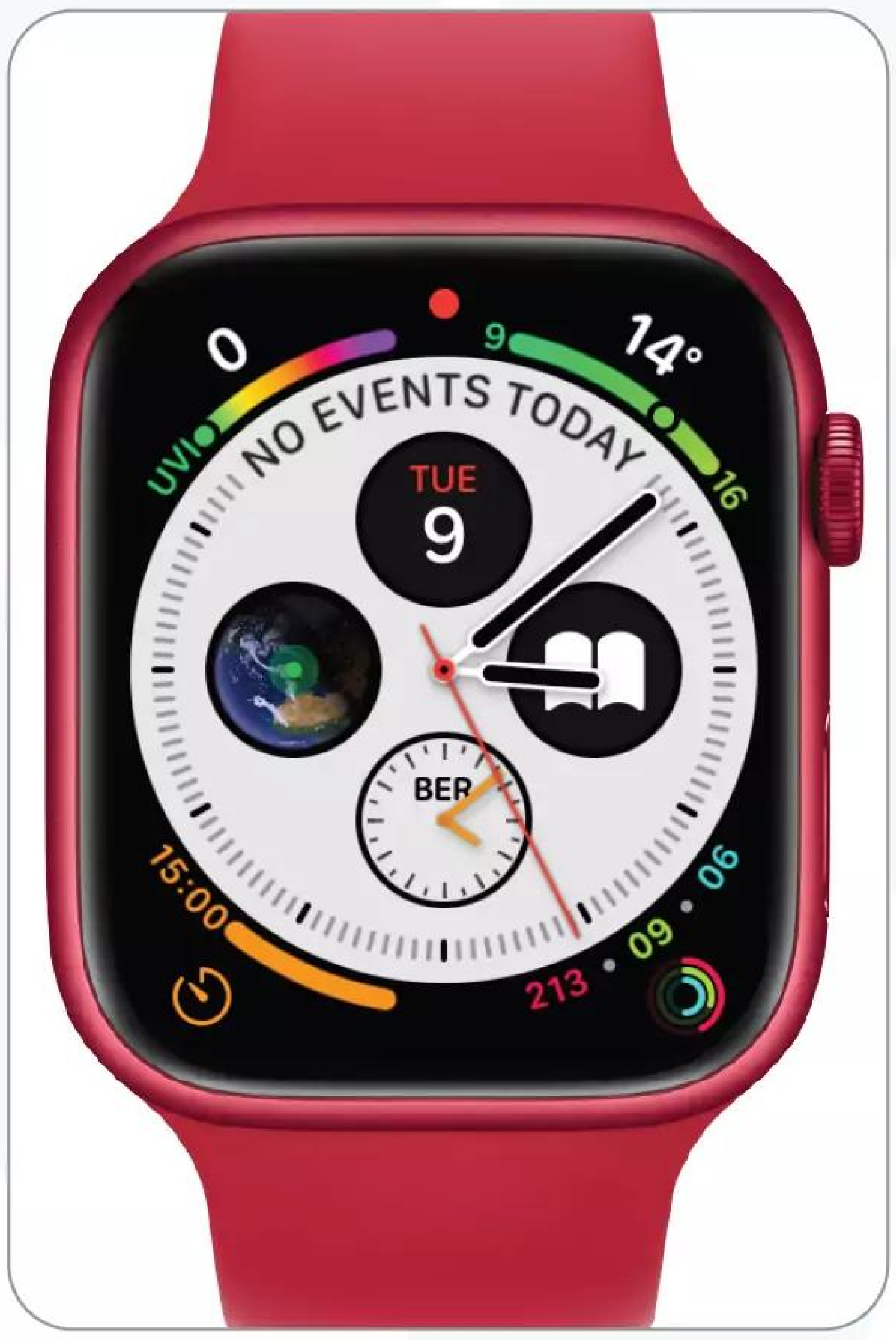
Track two time zones. Tap the bezel for an alternative time zone, and scroll to the city you want using the Digital Crown. Change the colour of the bezel, and there's five Complications. SE/Series 4 or later.

Gradient



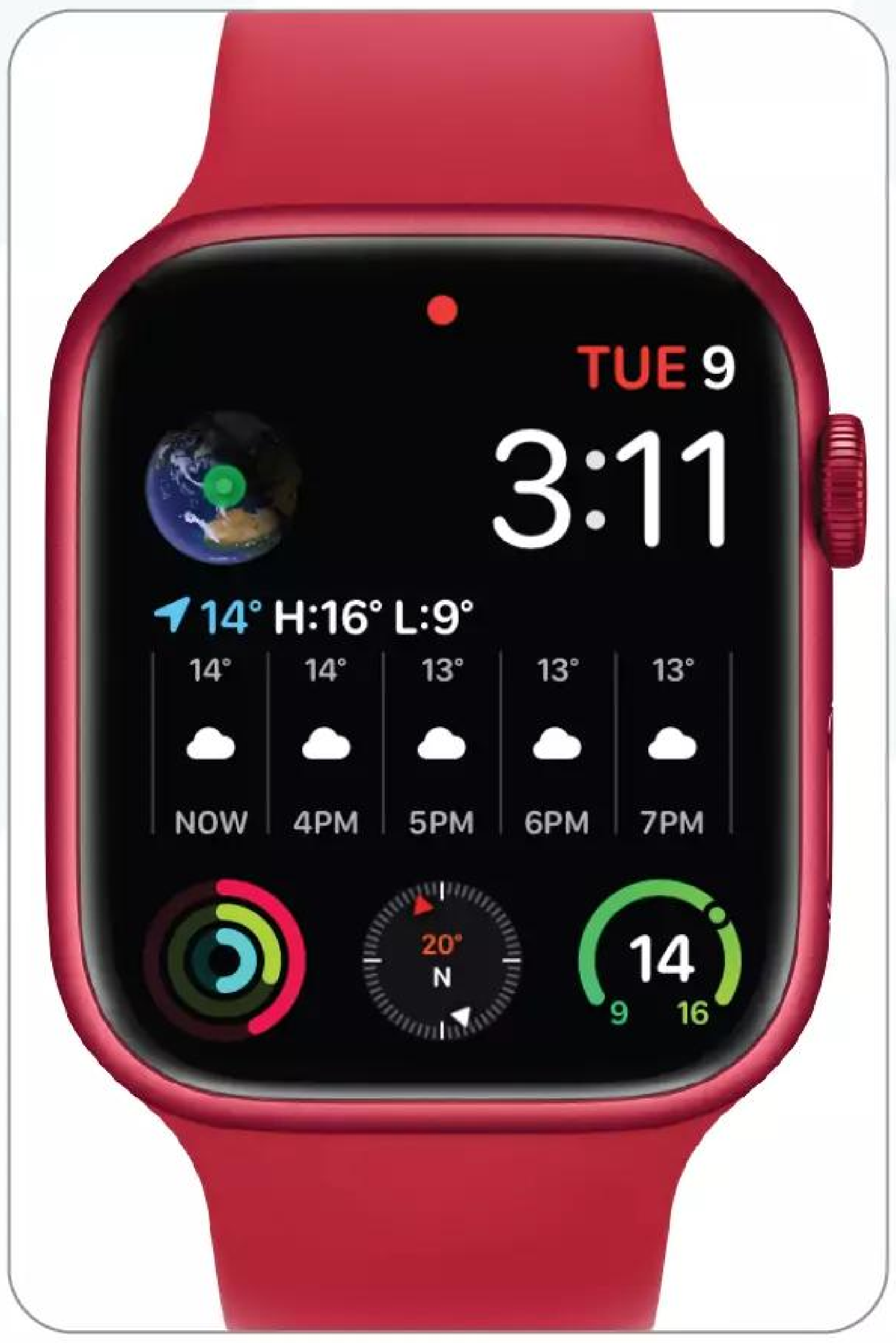
This fashionable face, available on Apple Watch SE/Series 4 or later, offers two gradient styles and numerous colours. The circular watch face gives five Complications, the full-screen version none.

Infograph



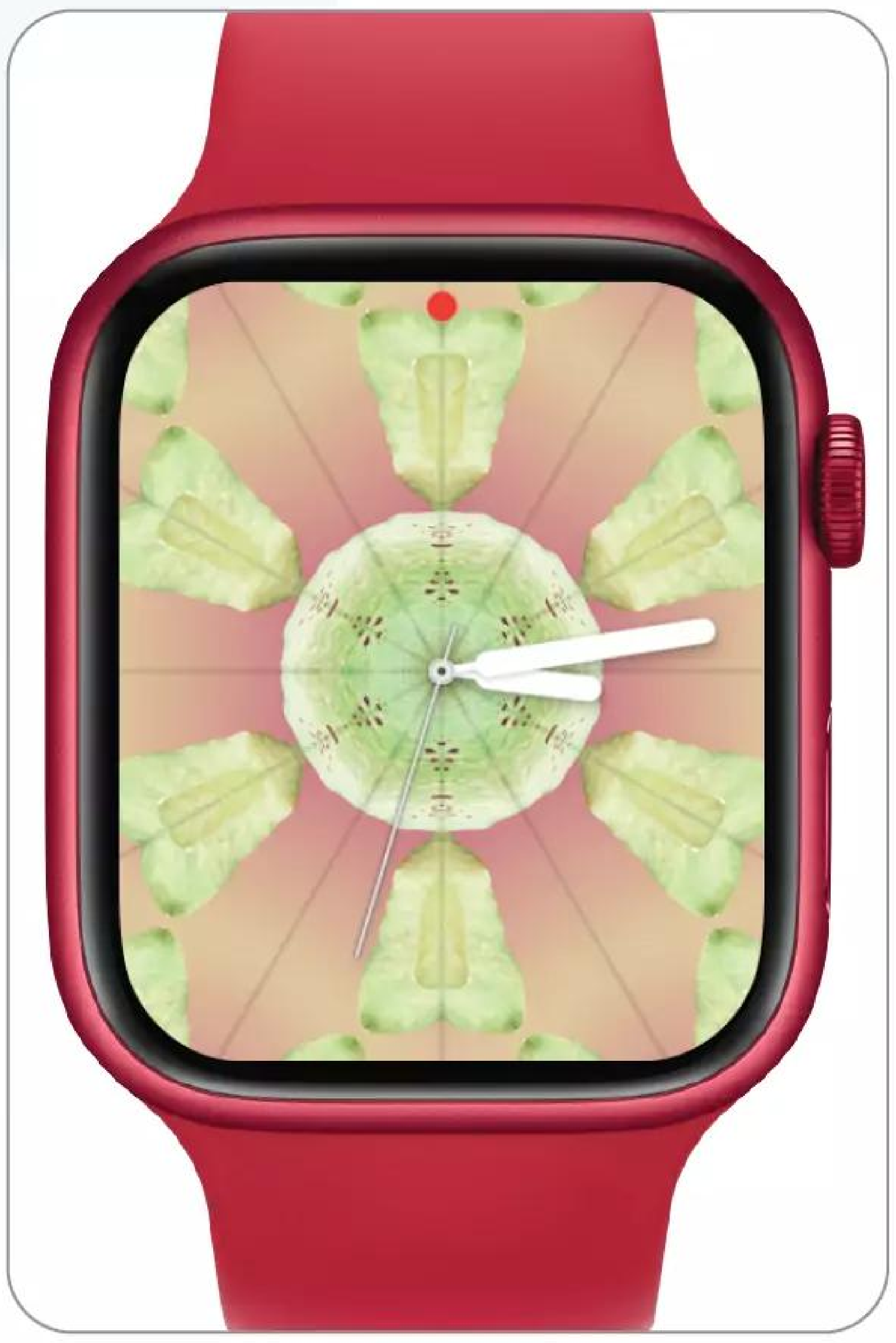
If you want lots of Complications, this one has eight; four corners and four sub-dials. The only fashion customisation available is changing the colour of the dial. Available for Apple Watch SE/Series 4 or later.

Infograph Modular



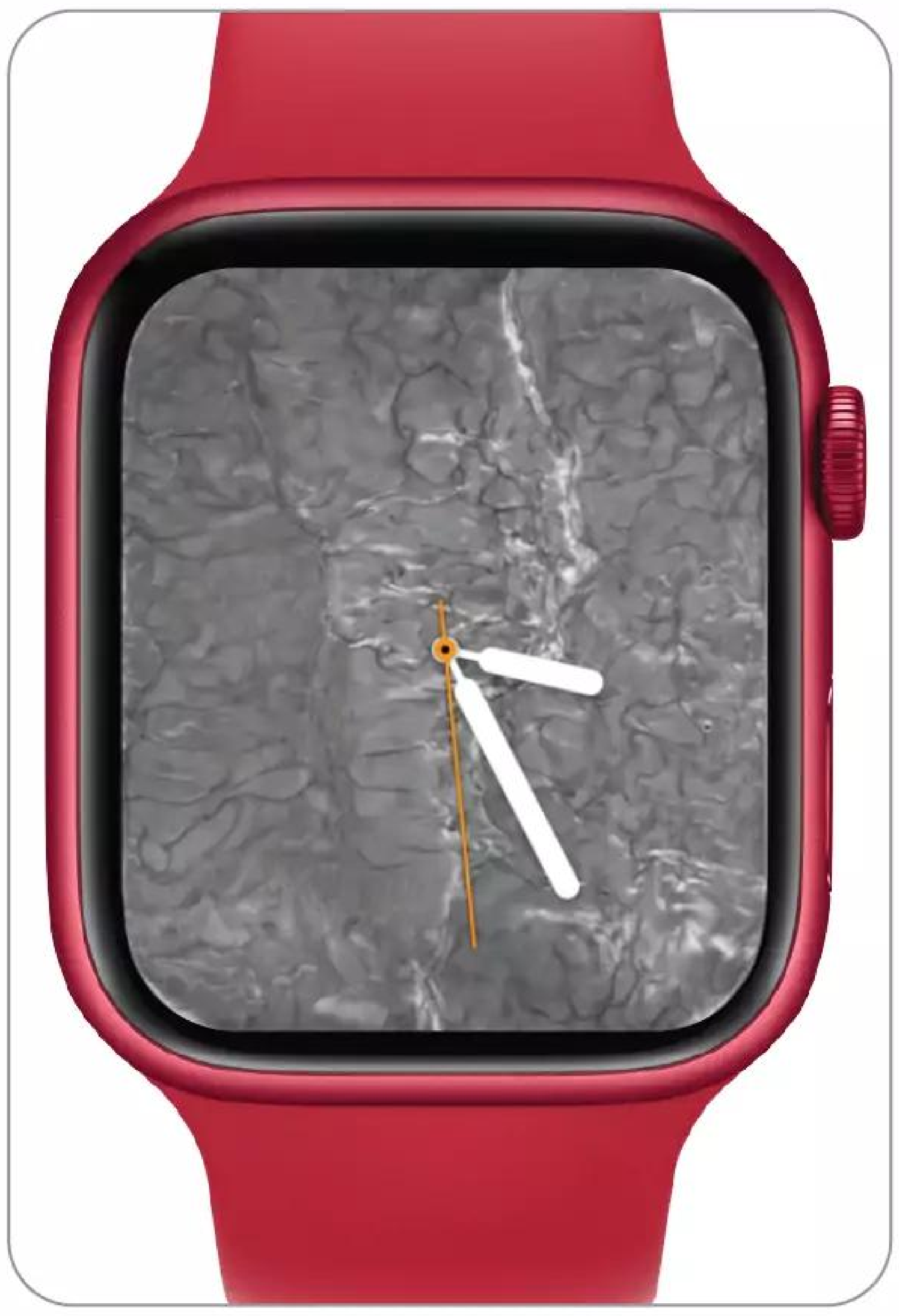
Another Complications-heavy face, this one gives you six to play with. Again, the only fashion customisation is colours, but it looks great whatever you choose. Available for Apple Watch SE/Series 4 or later.

Kaleidoscope



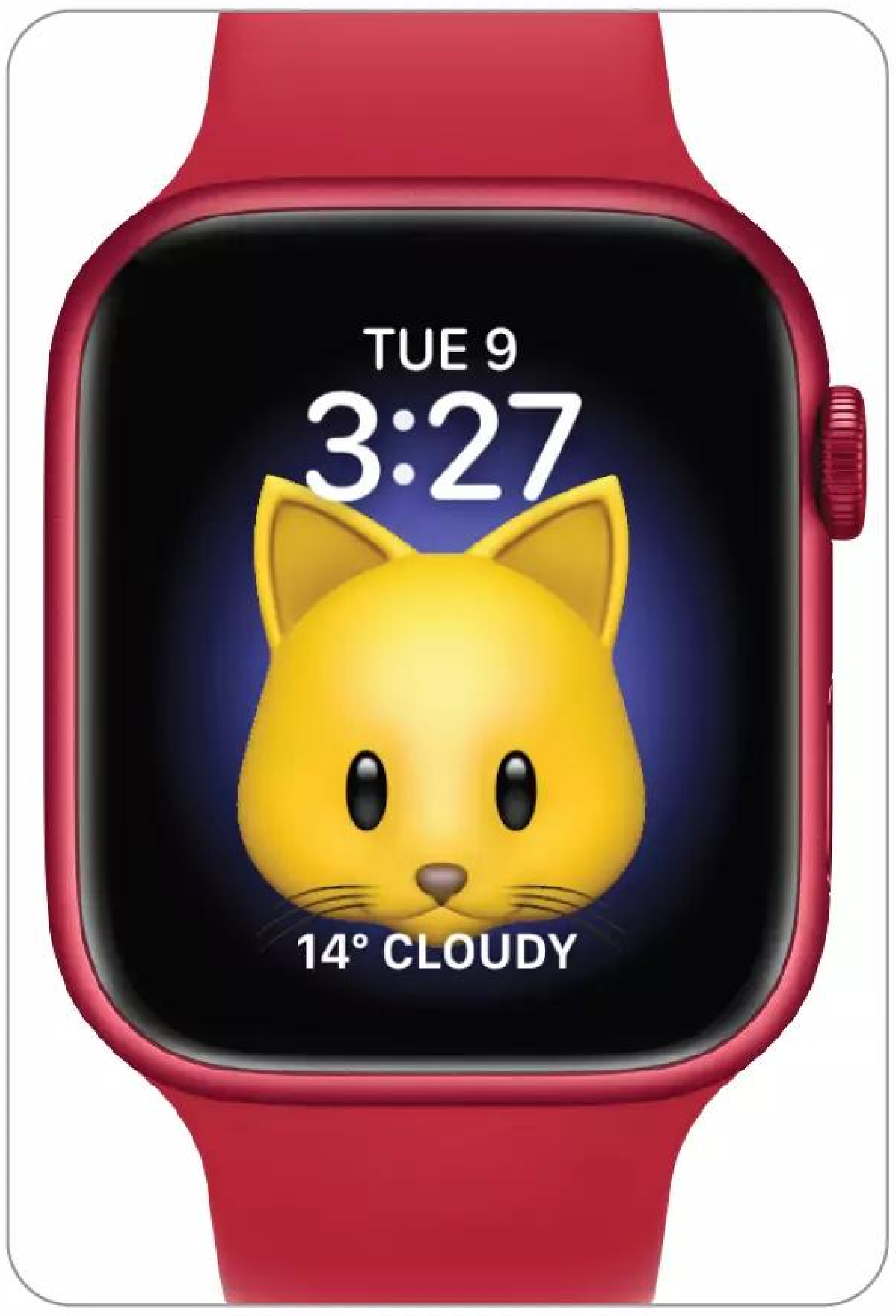
Set up the Kaleidoscope face and turn the Digital Crown to rotate the graphics. Choose a pattern, and a circular dial (three Complications), or full watch face (no Complications).

Liquid Metal



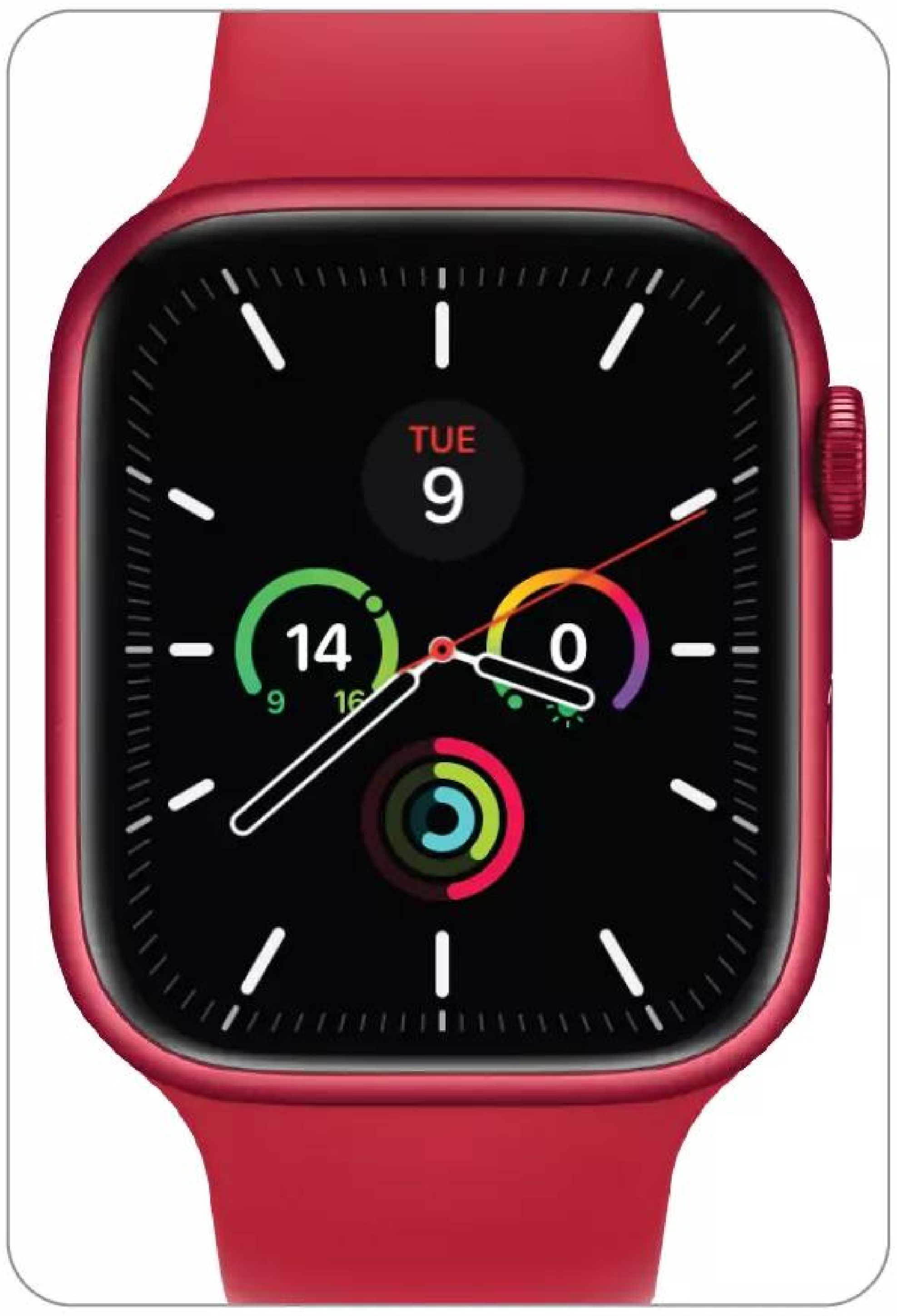
This metallic face animates when you raise your wrist or tap the screen. There are three colours of metal on offer, and a circular dial (three Complications), and a full-screen view (no Complications).

Memoji



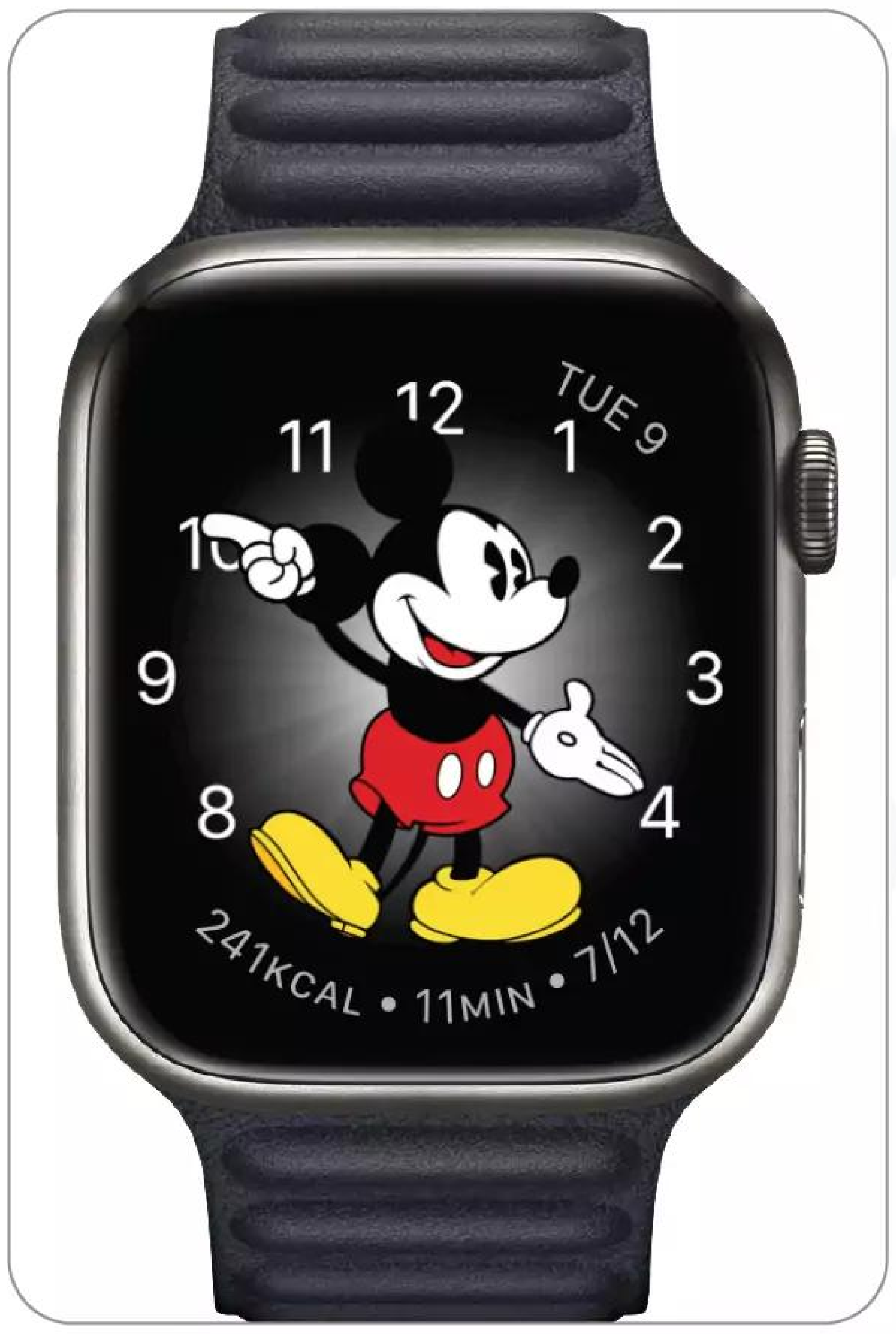
On an Apple Watch SE, Series 4 or later, you can use Memoji you've created as a watch face. You can change the character and background colour, and set up two complications.

Meridian



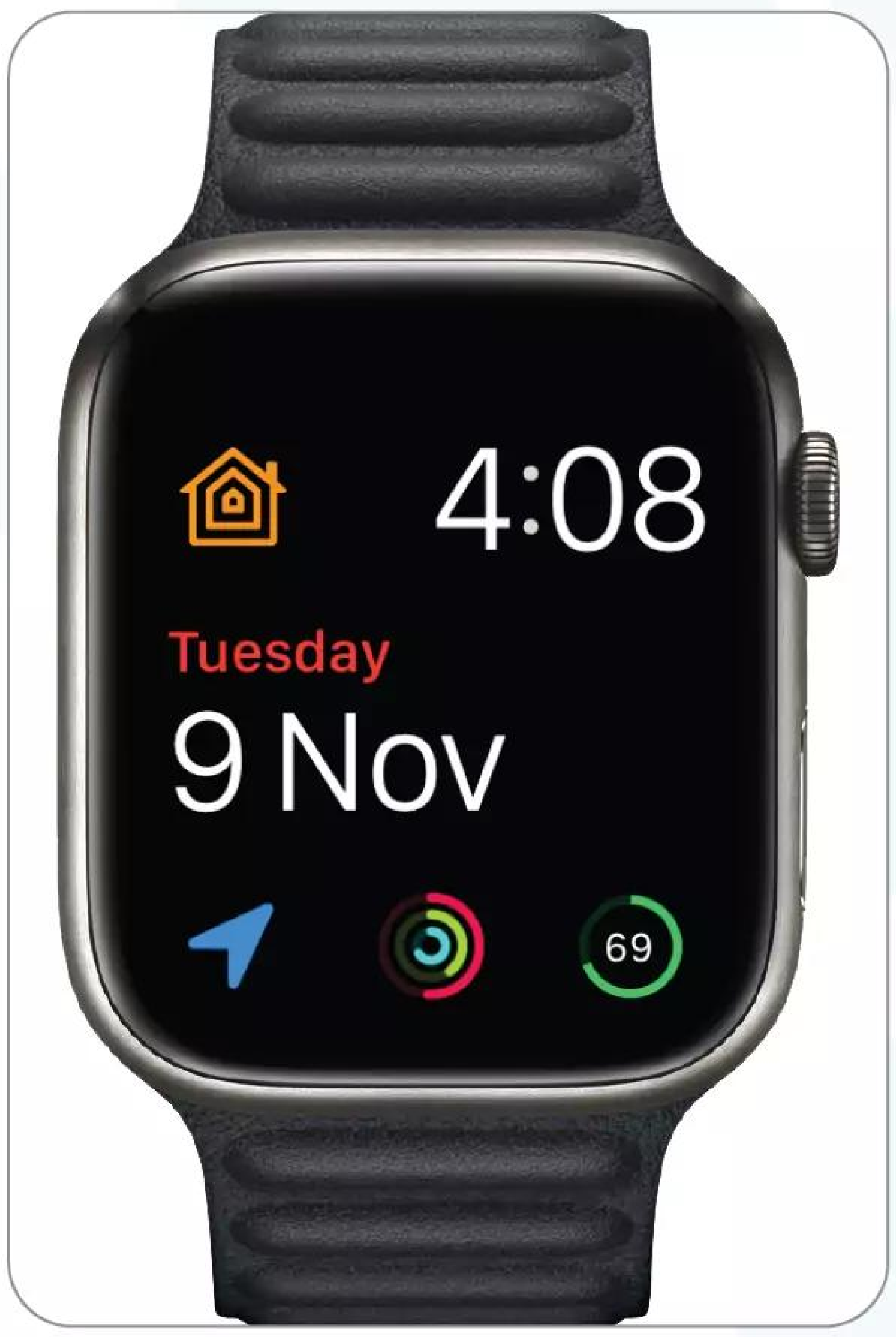
This one's full-screen only, and only for Apple Watch SE, Series 4 or later. It offers a black or white full-screen dial, a range of colours and four Complications mounted in sub-dials.

Mickey & Minnie Mouse


TUE 9
12
11
1
10
2
9
3
8
4
241KCAL • 11MIN • 7/12

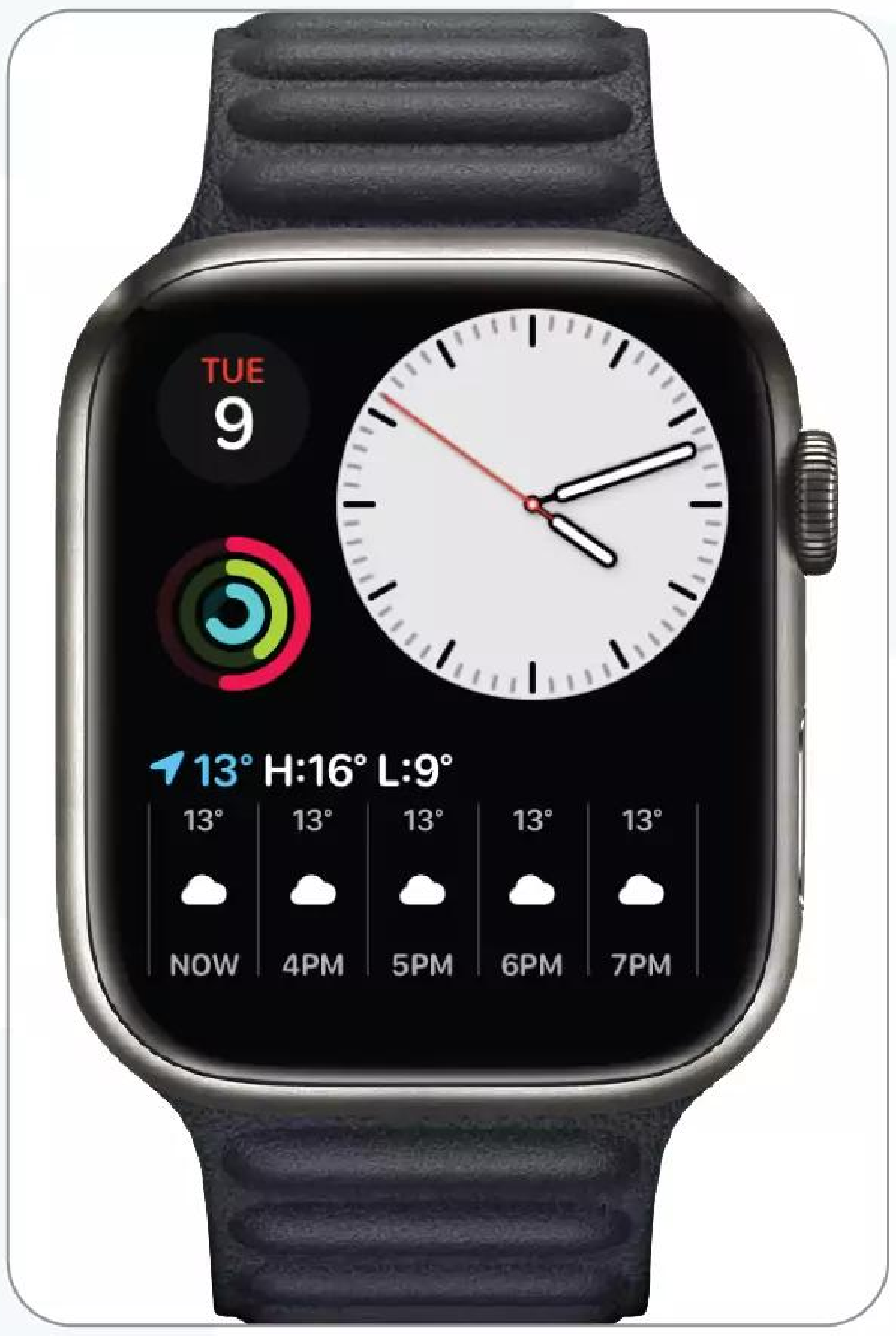
A Disney-licensed watch face. Enjoy Mickey in his regular or classic black and white look, and change the colour of Minnie's dress. Tap the glass to have Mickey or Minnie read the time. Three Complications.

Modular


4:08
Tuesday
9 Nov
69

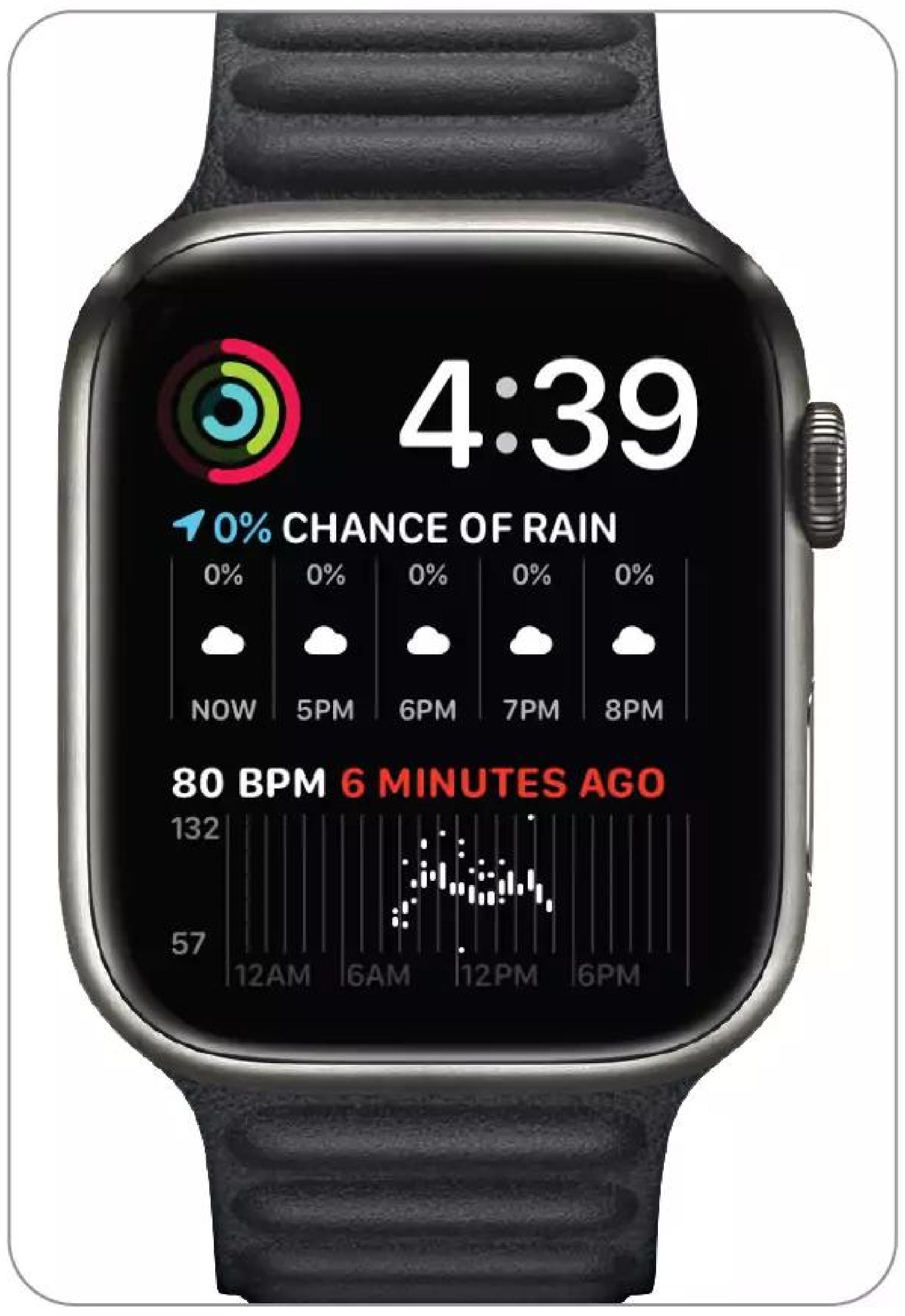
This very digital watch face can be displayed in a huge range of colours. There are five complications on offer too, but these are the only customisations available. It's great for displaying information.

Modular Compact


TUE
9
13° H:16° L:9°
13°
13°
13°
13°
13°
NOW
4PM
5PM
6PM
7PM

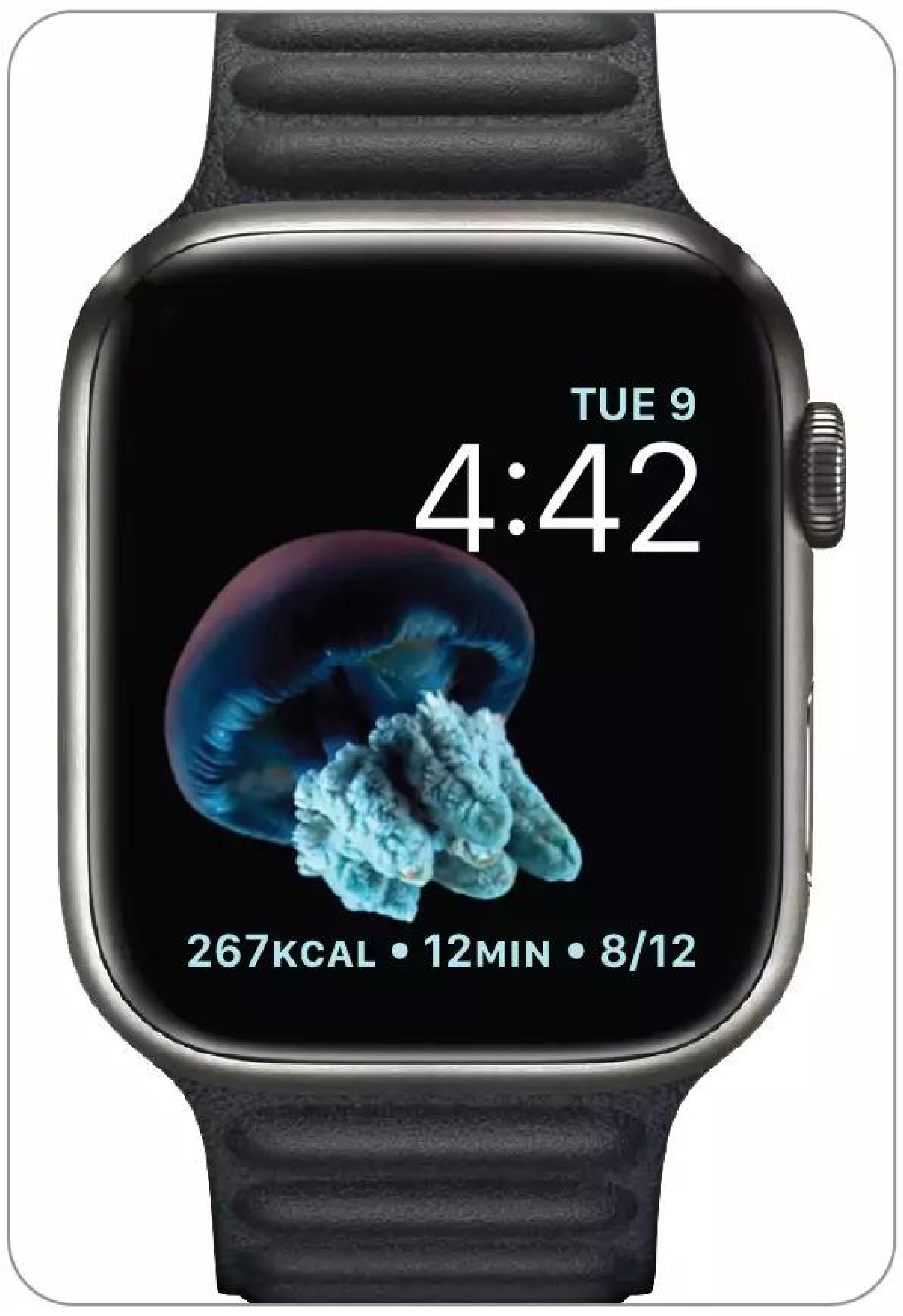
Another information-packed watch face, this one's available only on Apple Watch SE, Series 4 and later. Replace the hands with a digital readout, change the colours and four Complications.

Modular Duo


4:39
0% CHANCE OF RAIN
0%
0%
0%
0%
0%
NOW
5PM
6PM
7PM
8PM
80 BPM 6 MINUTES AGO
132
57
12AM
6AM
12PM
6PM

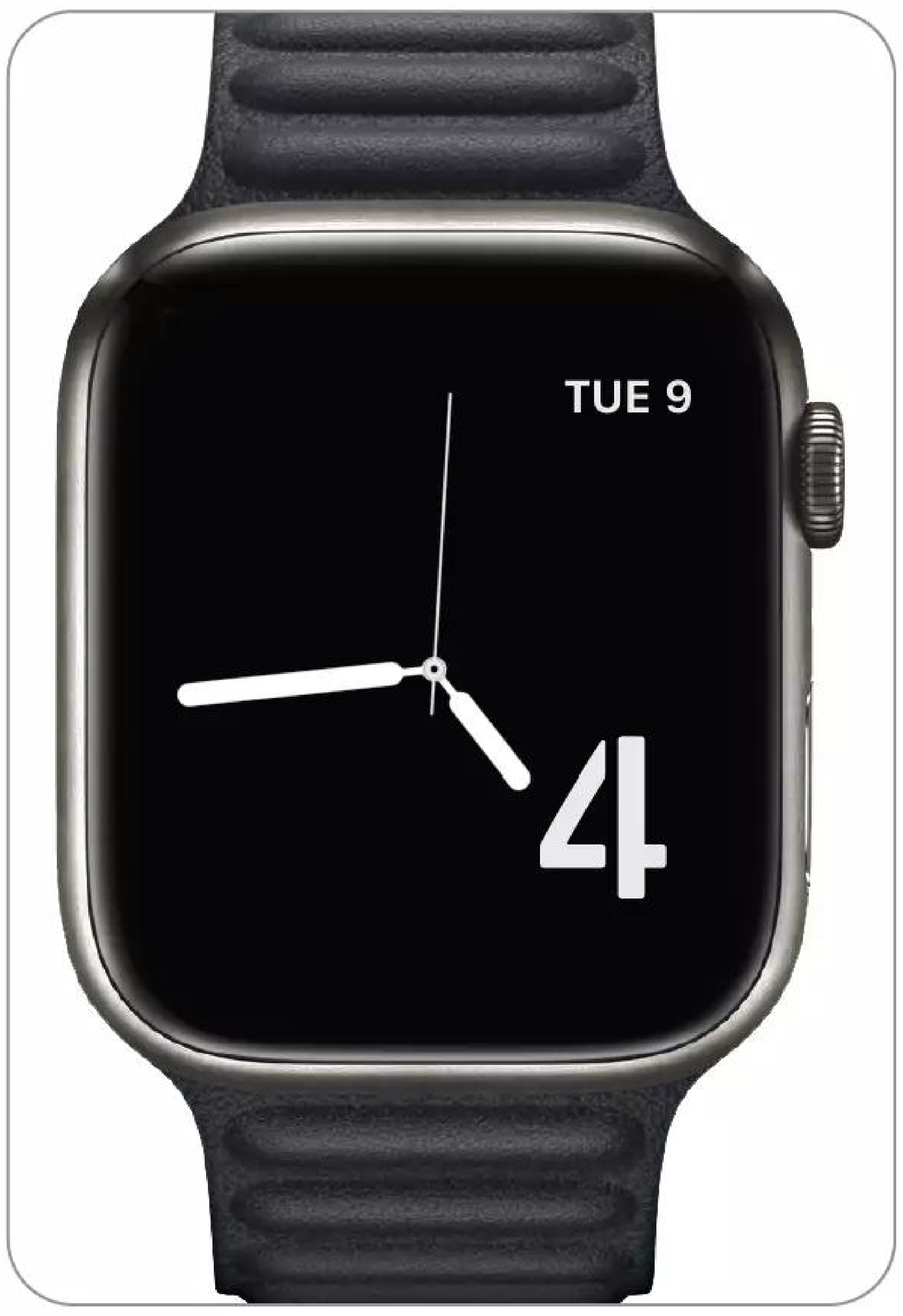
This is Apple Watch Series 7 only. There are only three complications that can be customised, but two of them are large, rectangular ones that offer lots of information. Change colours too.

Motion


TUE 9
4:42
267KCAL • 12MIN • 8/12

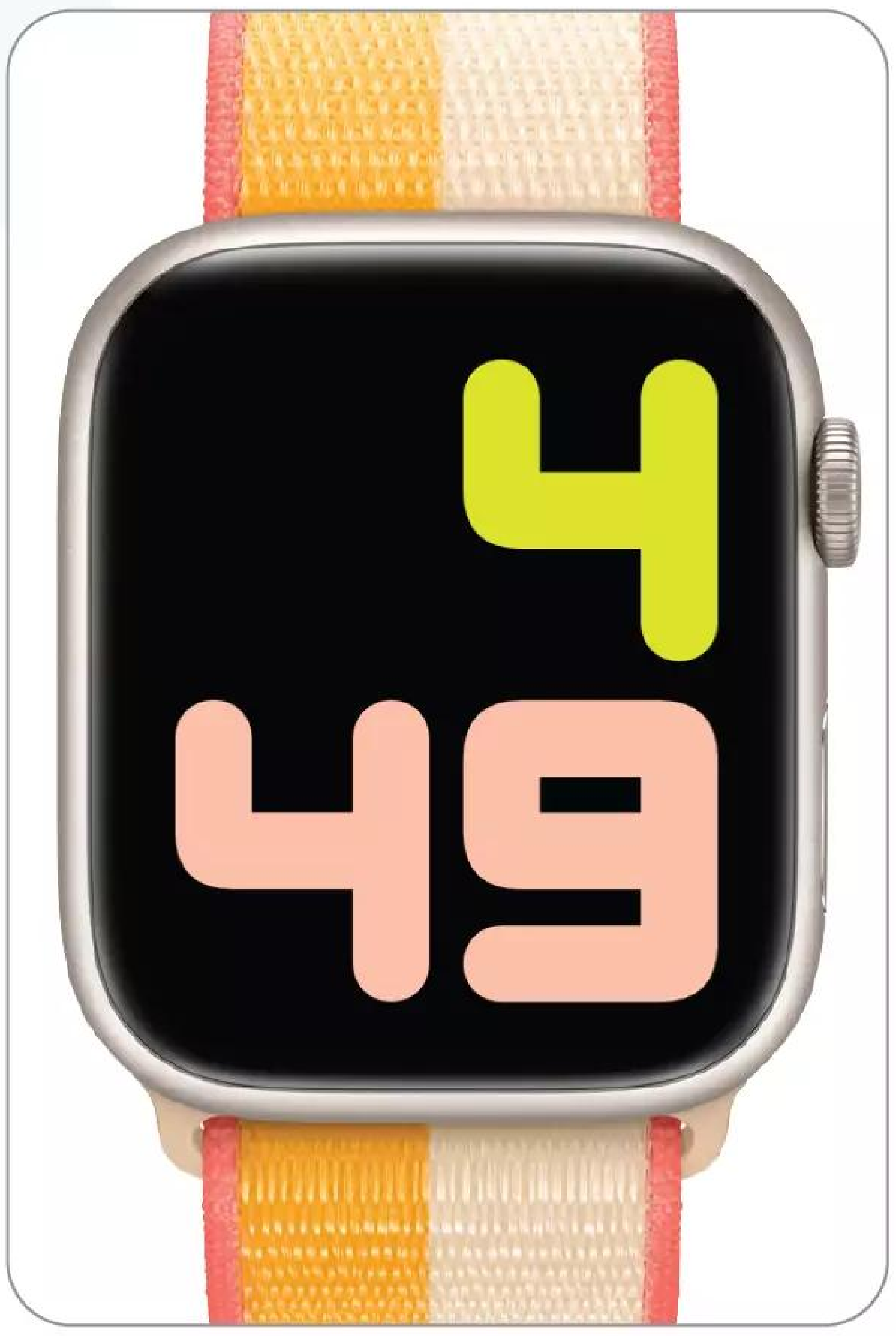
This animated face gives you three Complications, and a gorgeous picture behind them. Choose between flowers that open on your wrist, gorgeous butterflies and our favourite, jellyfish.

Numerals



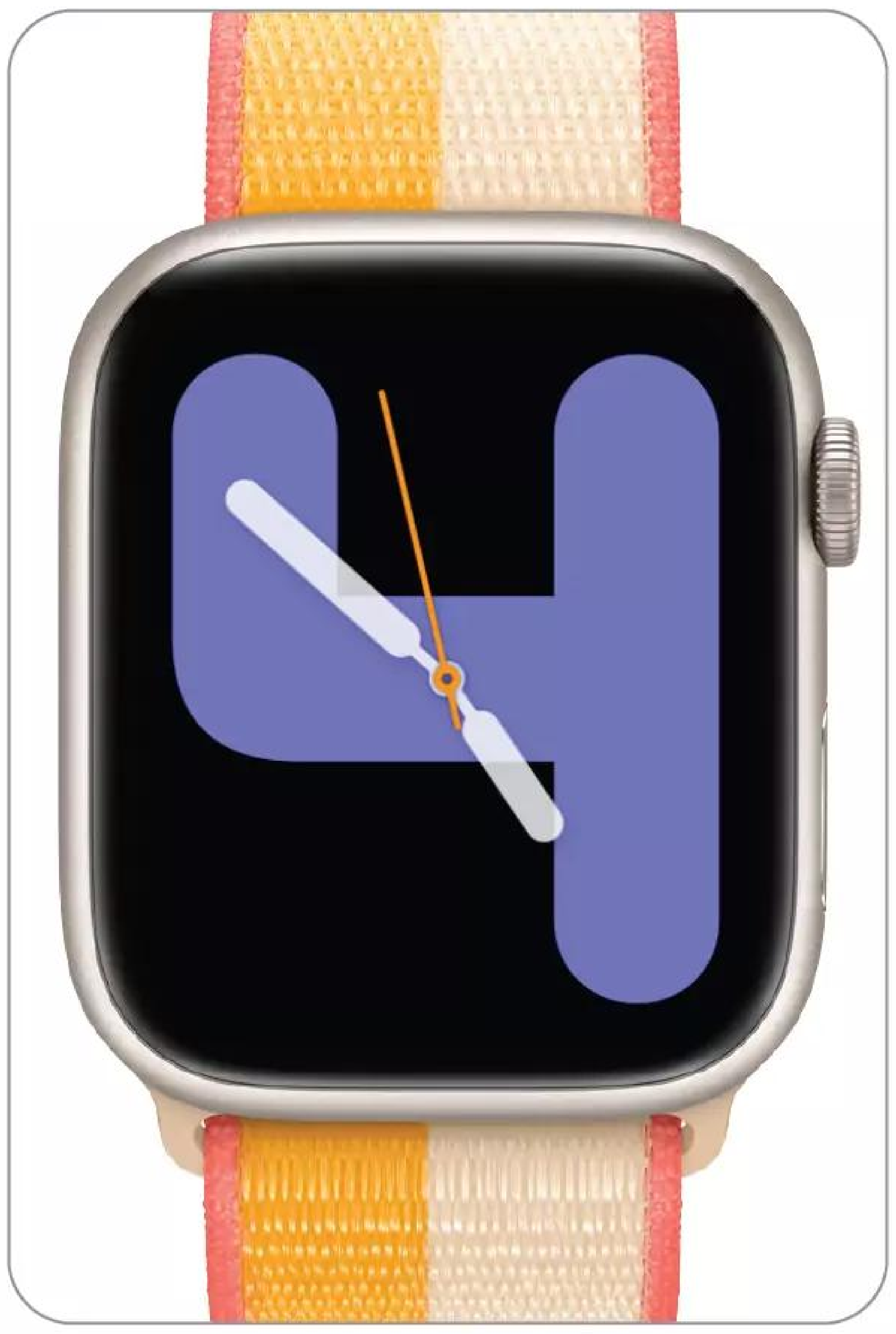
This is ideal for those who like a minimalistic watch face. There's a range of numeric styles on offer, and you can, of course, change the colour; but there's only one Complication here.

Numerals Duo



Another minimalist face, here you ditch the hands and have the time displayed in this Apple-designed font. Change the colours, style and even symbols if you're brave; but there are no Complications.

Numerals Mono



One big numeral and watch hands. Again, you can change the colour of the digits and whether they're filled or outlined. Use non-Arabic symbols if you wish. Once more, there's no Complications.

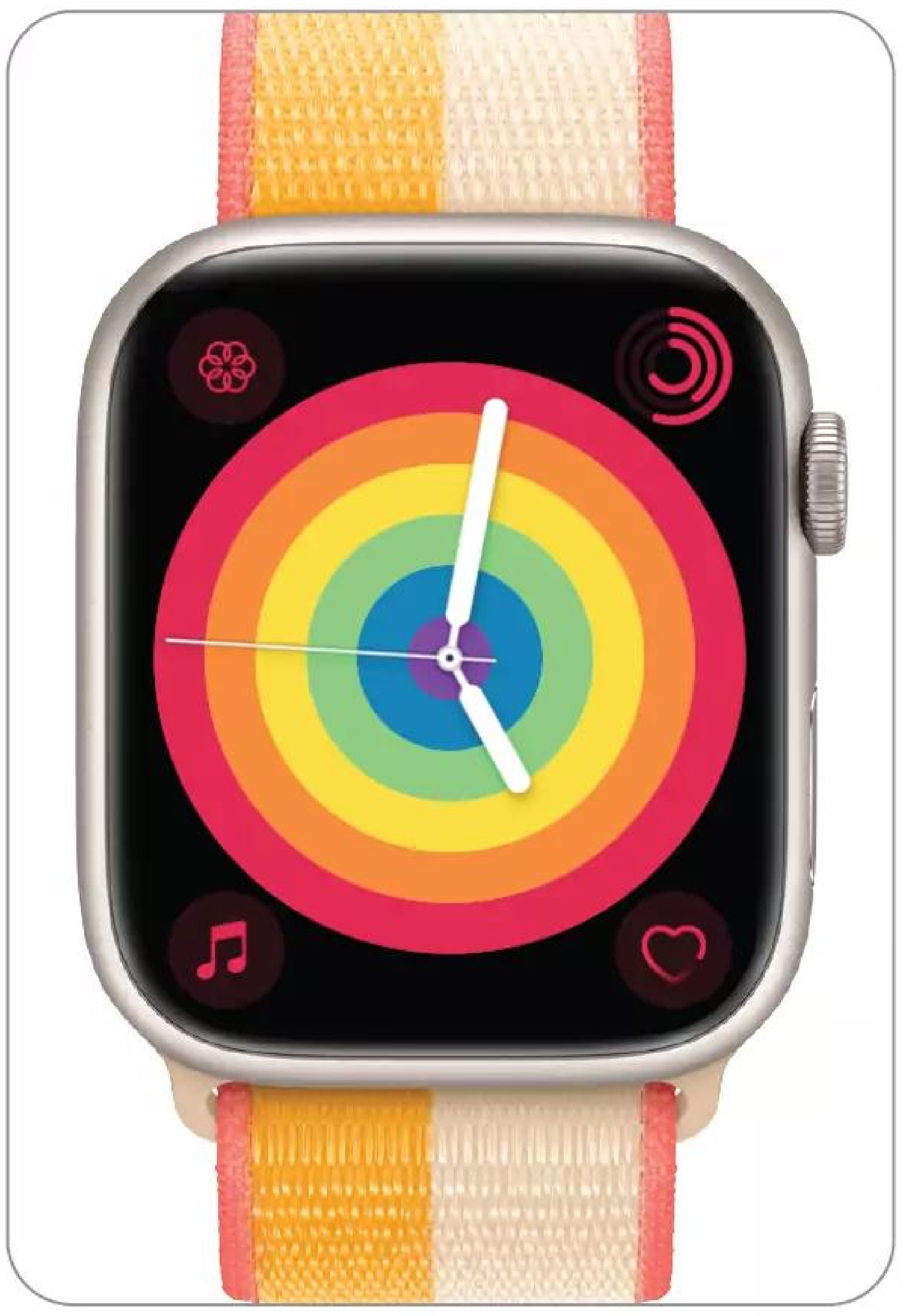
Photos

The Photos face displays a new photo every time you raise your wrist or tap the display. Choose an album, Memory or up to 24 custom photos. Choose filters, two positions for the time and two Complications.

Portraits

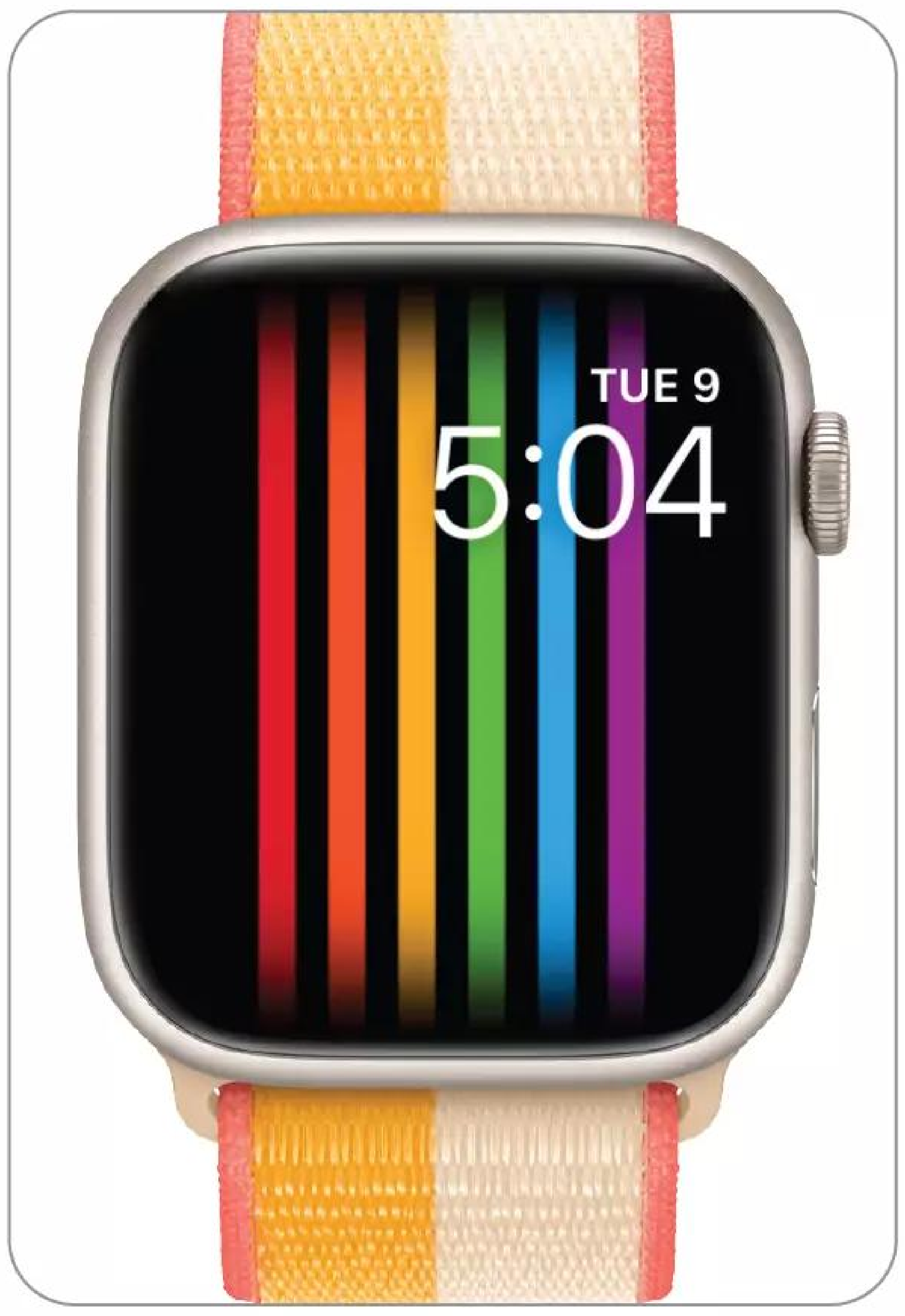
Add this one from your iPhone's Watch app, the Face Gallery section. Tap it, and choose a Portrait photo to use as a watch face. Two Complications and various numerical styles are on offer.

Pride Analogue



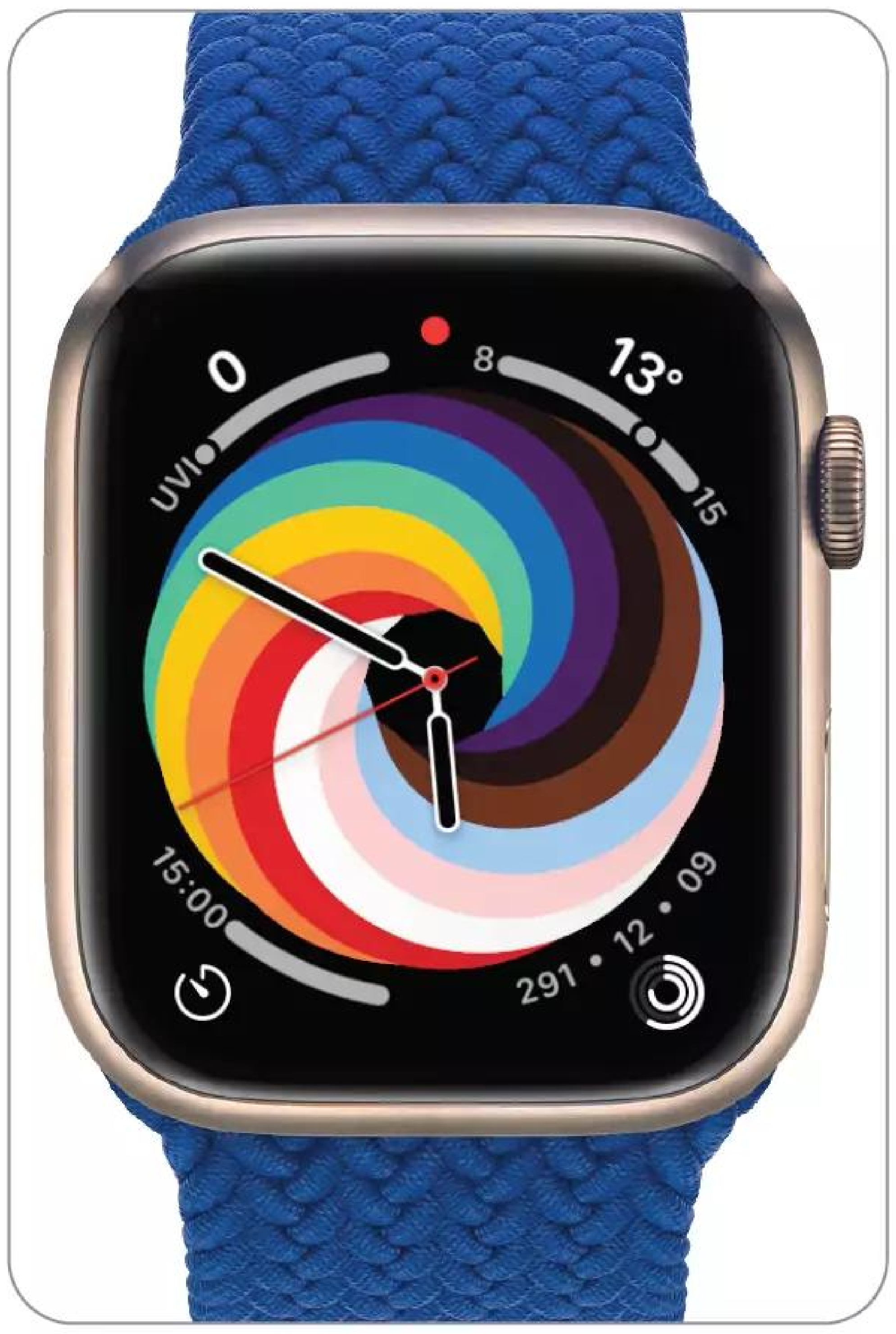
Inspired by the Pride flag, the colours move when you move or turn the Digital Crown. There are several styles, and full-screen or circular dials. With four Complications, only on the circular dial.

Pride Digital



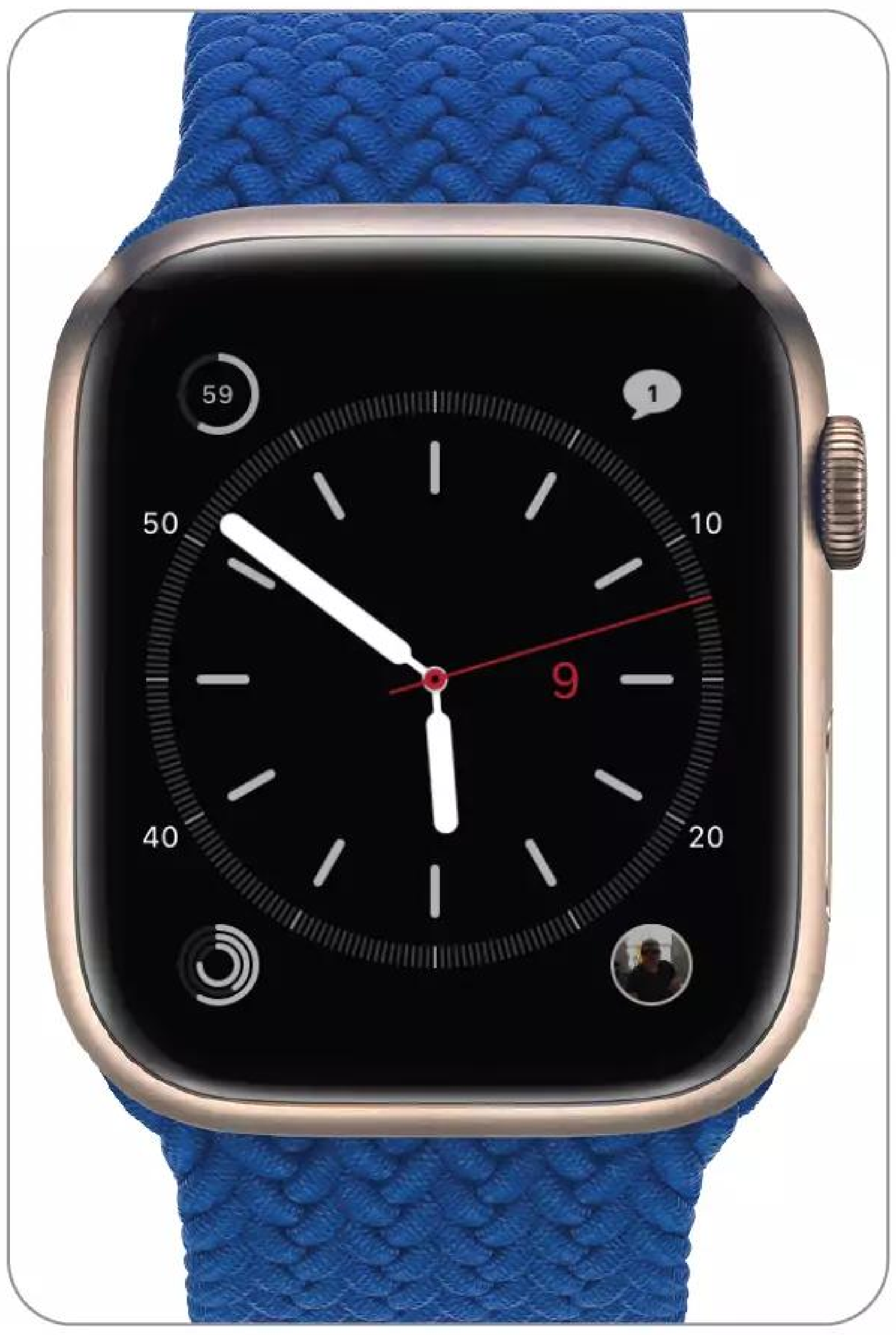
A very similar watch face to Pride Analogue, but with a digital display instead of hands. You can change the style of the lines again, and use two complications. It looks great with Apple's Pride band.

Pride Woven


0
8
13°
UVI
15
15:00
291 • 12 • 09

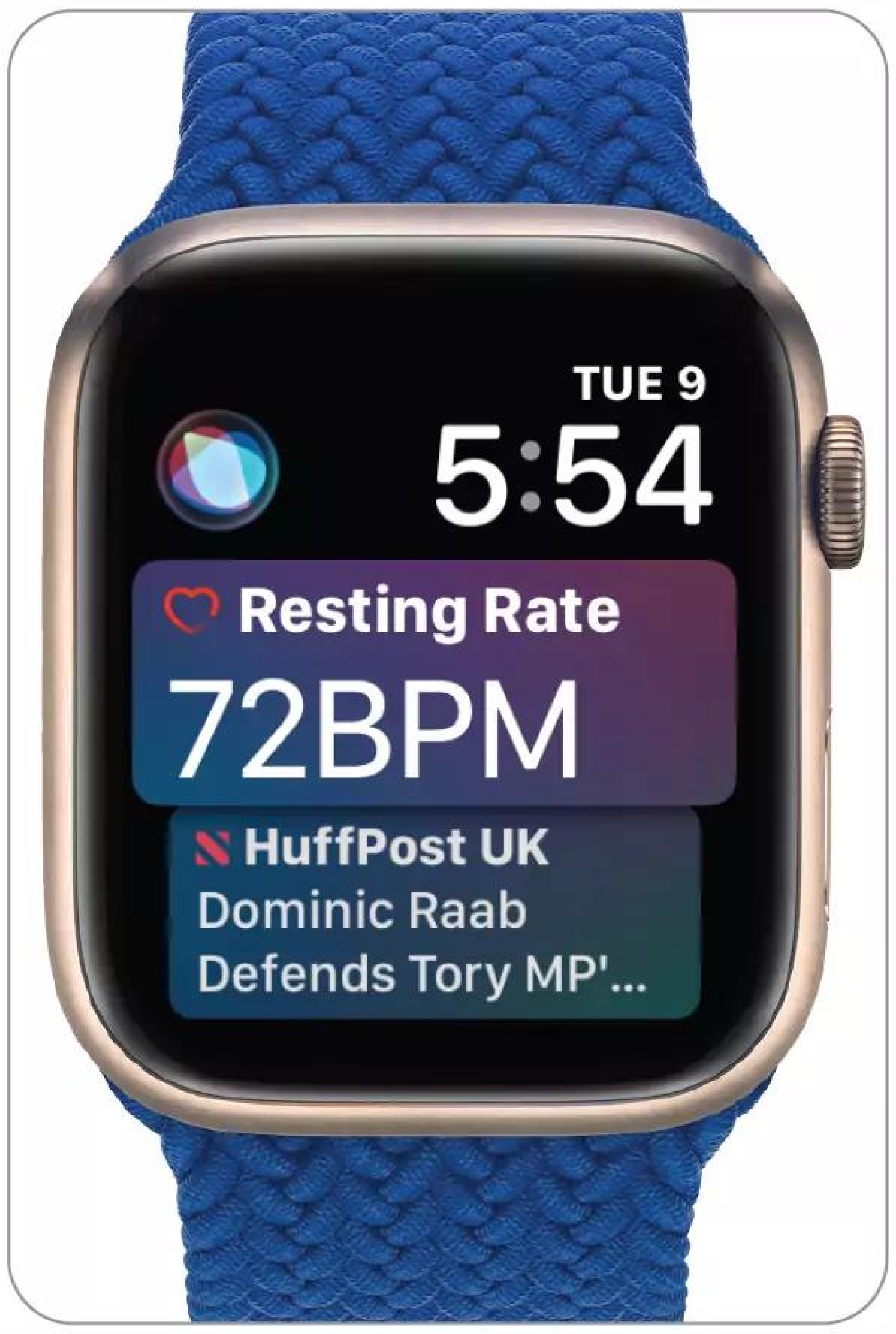
Another rainbow flag design, this time the colours are interwoven. Choose between a full-screen, no-Complications dial or a circular one with four Complications. Change the weave with the Digital Crown.

Simple


59
50
10
9
40
20

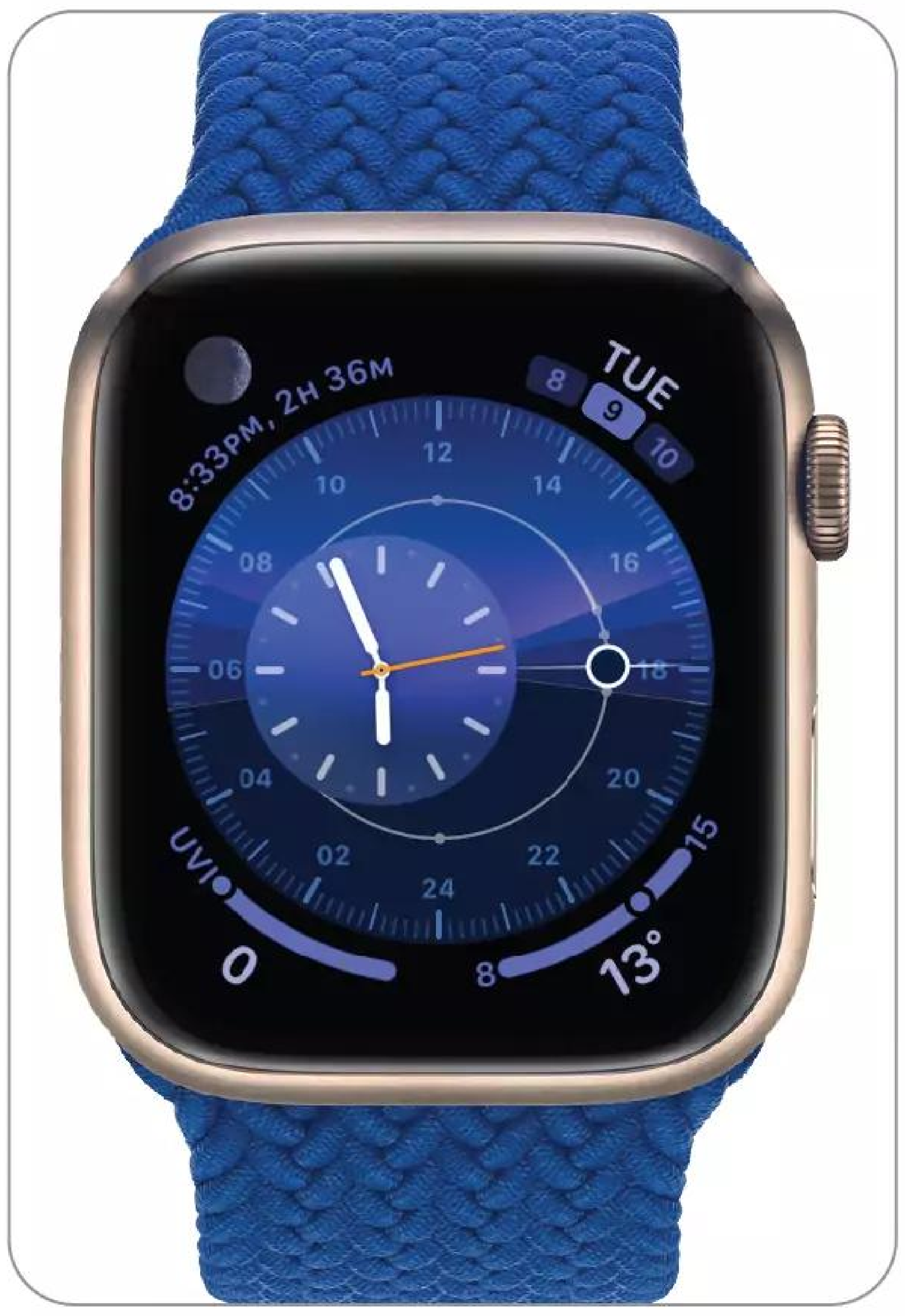
You can't get much simpler than the Simple watch face. It has five Complications, you can change the colour of the second hand and choose between four styles, including plain black.

Siri


TUE 9
5:54
Resting Rate
72BPM
HuffPost UK
Dominic Raab
Defends Tory MP'...

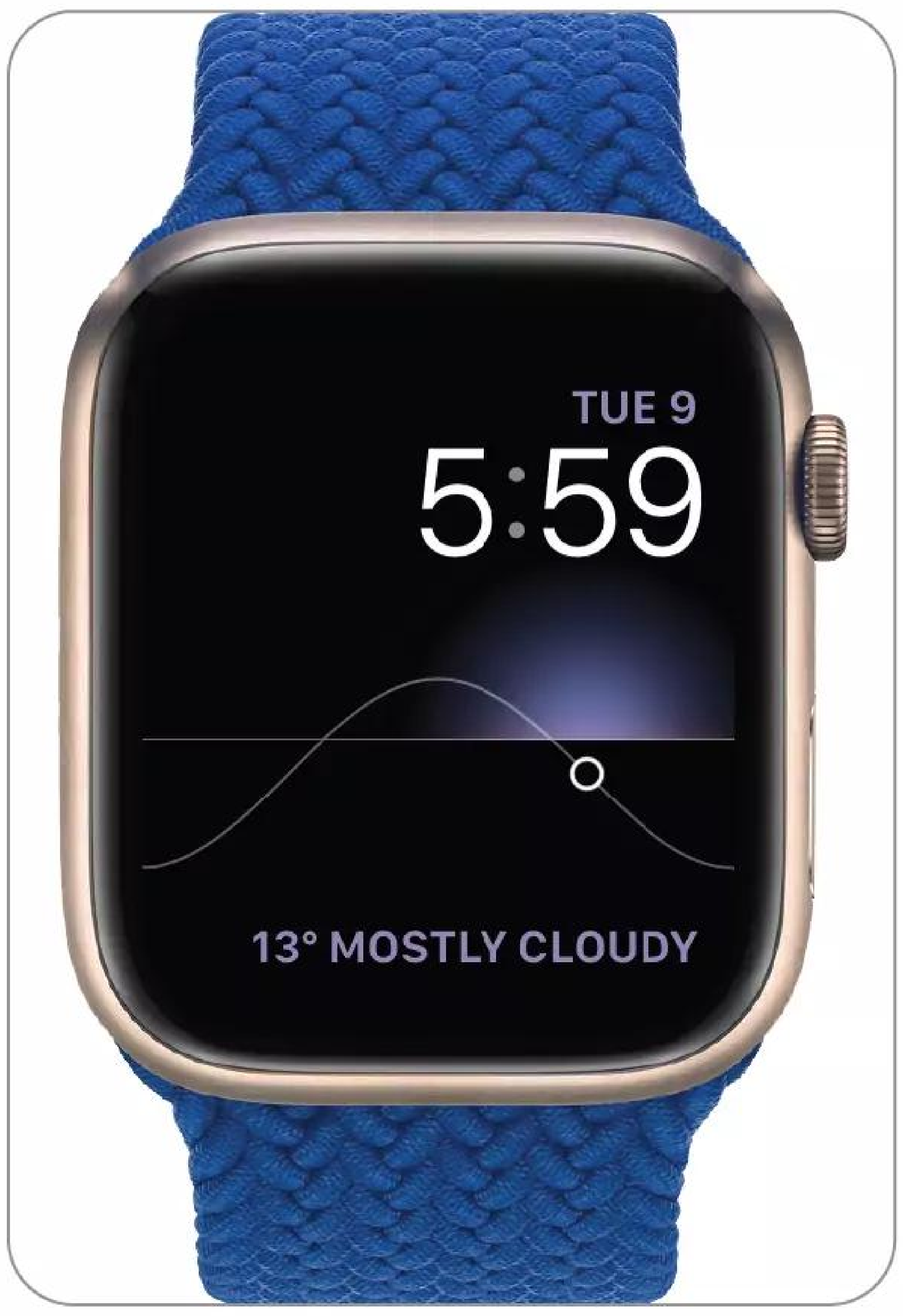
Display the latest information offered to you by Siri, turning the Digital Crown to cycle through the notifications and tapping one to open it. Change the colour, or the two Complications.

Solar Dial


8:33PM, 2H 36M
TUE
8
9
10
12
14
16
18
20
22
24
02
04
06
08
10
UVI
0
8
13°
15

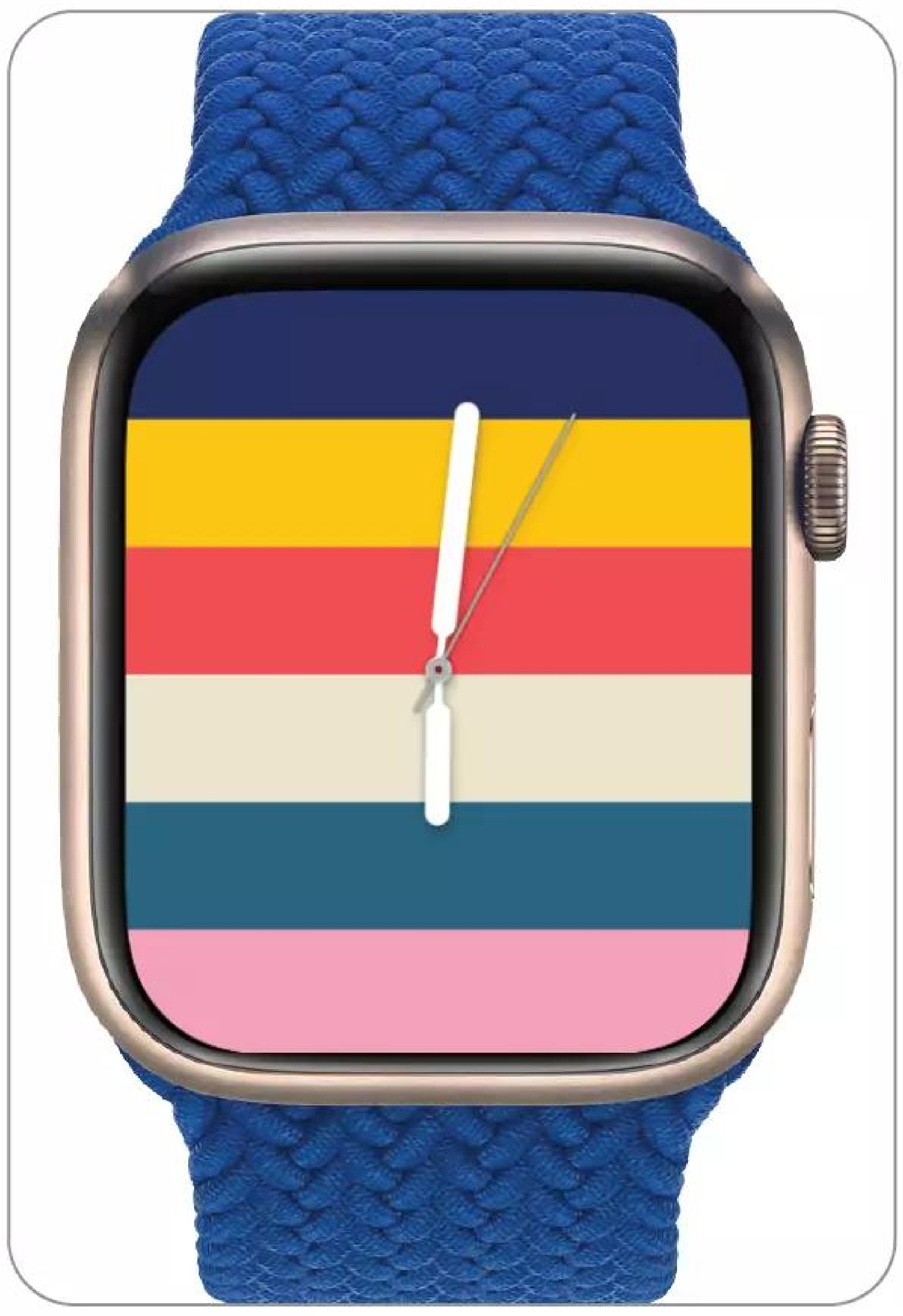
Available on Apple Watch SE, Series 4 and later, this one has a 24-hour, circular dial that tracks the sun. You can have the time shown in analogue or digital format, and there are four Complications.

Solar Graph


TUE 9
5:59
13° MOSTLY CLOUDY

This one shows the sun's position in the sky, based on your current location. You can turn the Digital Crown to move through time, but the only customisations are two Complications.

Stripes



Choose a circular dial with four complications or a full-screen face with none. You can also choose how many stripes are present, from two to nine, and the colour of the top one.

Time Lapse

Choose a city or location from the six on offer, and you get a time lapse picture for your watch face. Choose from Mack Lake, New York, Hong Kong, London, Paris or Shanghai. There are two Complications.

Toy Story

WED 10
11:24
207KCAL • 26MIN • 3/12

This fun watch face gives you a choice of Buzz, Jessie, Woody or Toy Box (all the characters) from the legendary Pixar movie. You can set up two Complications on the watch face too.

Typograph

Available only on Apple Watch SE and Series 4 or later, this face gives you a beautifully realised face showing four numerals or all of them, in a range of styles and colours; with no Complications.

Unity

This face, for Apple Watch SE and Series 4 or later, is based on the pan-African flag. The shapes change as you move. A small range of colours are available and two Complications.

Utility

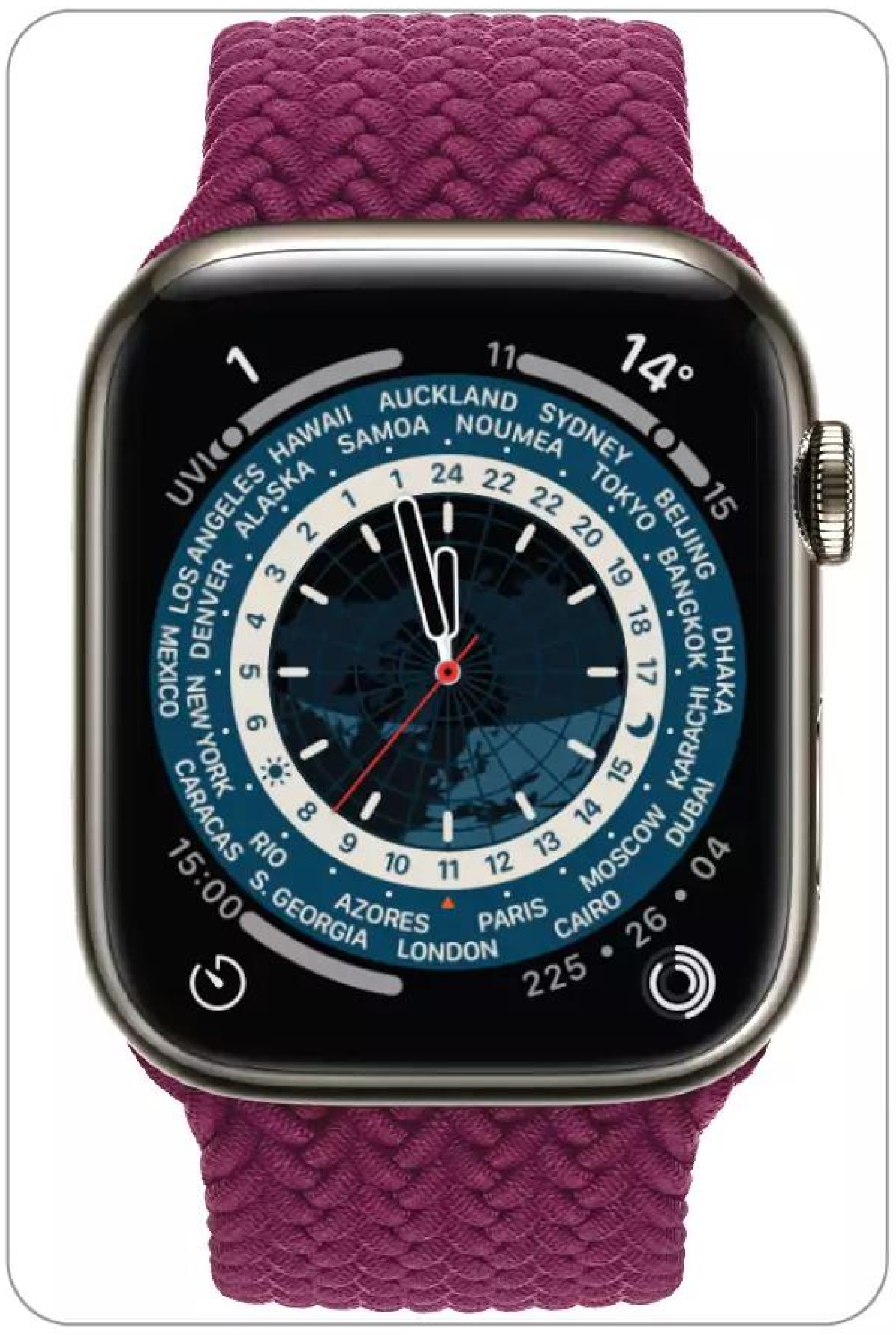
93
12
1
2
3
4
5
6
7
8
9
10
11
WED 10
222KCAL • 26MIN • 4/12

This is very customisable. You can change the style and the typeface of the numerals, and the colour of the second hand and date digit. There are four Complications to set up too.

Vapour

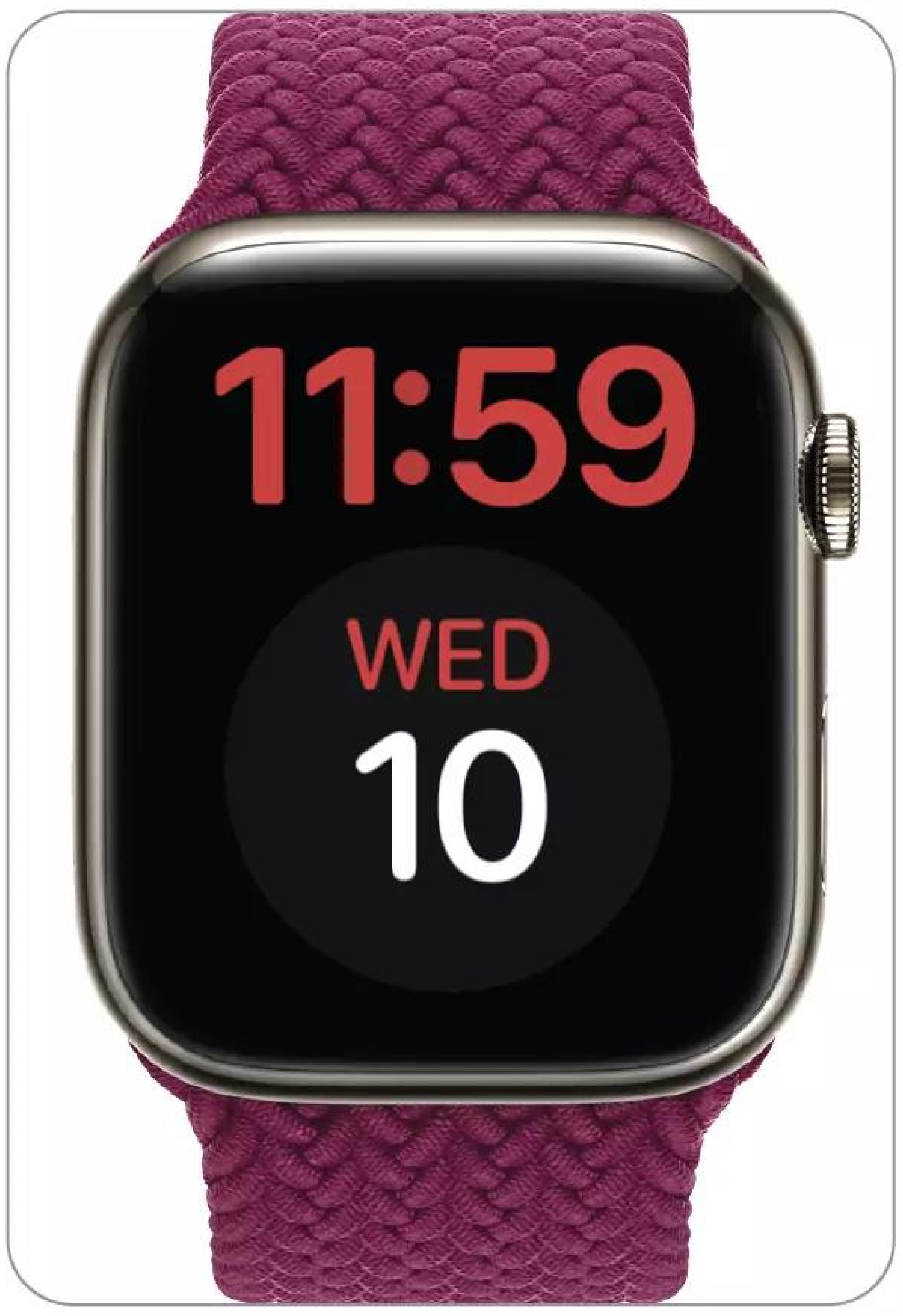
A visual face that animates when you raise your wrist. There's three colours of vapour, or have it change between them. Have a circular dial with three complications, or a full screen picture with none.

World Time


14°
AUCKLAND
SYDNEY
NOUMEA
SAMOA
HAWAII
ALASKA
LOS ANGELES
DENVER
MEXICO
NEW YORK
CARACAS
RIO
S. GEORGIA
AZORES
LONDON
PARIS
CAIRO
MOSCOW
DUBAI
KARACHI
DHAKA
BANGKOK
BEIJING
TOKYO
UVI
15:00
225 • 26

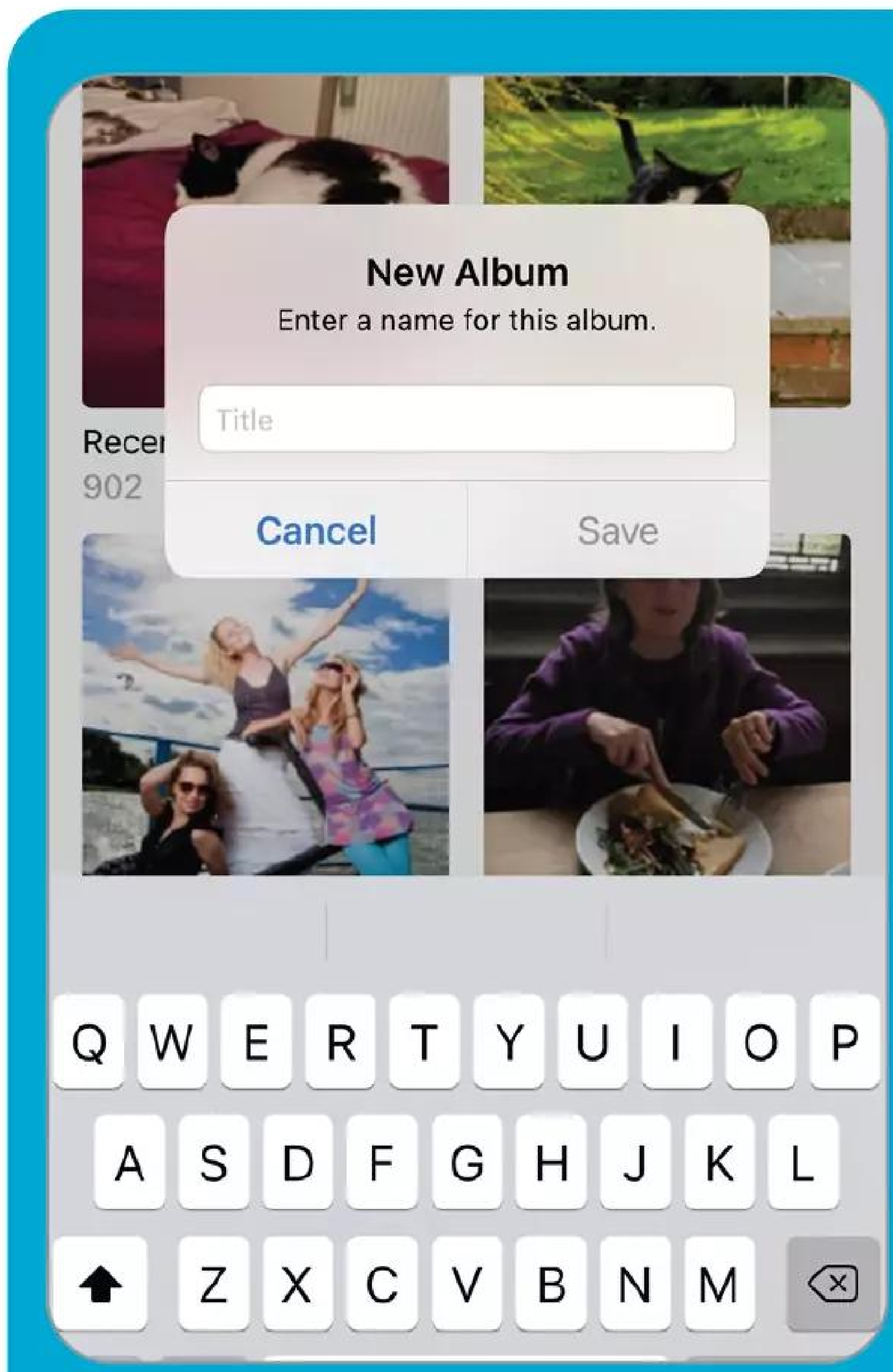
Track the time in 24 time zones at once. The locations around the outer dial represent the different time zones, while the inner dial shows the current time in each location. Four Complications.

X-Large

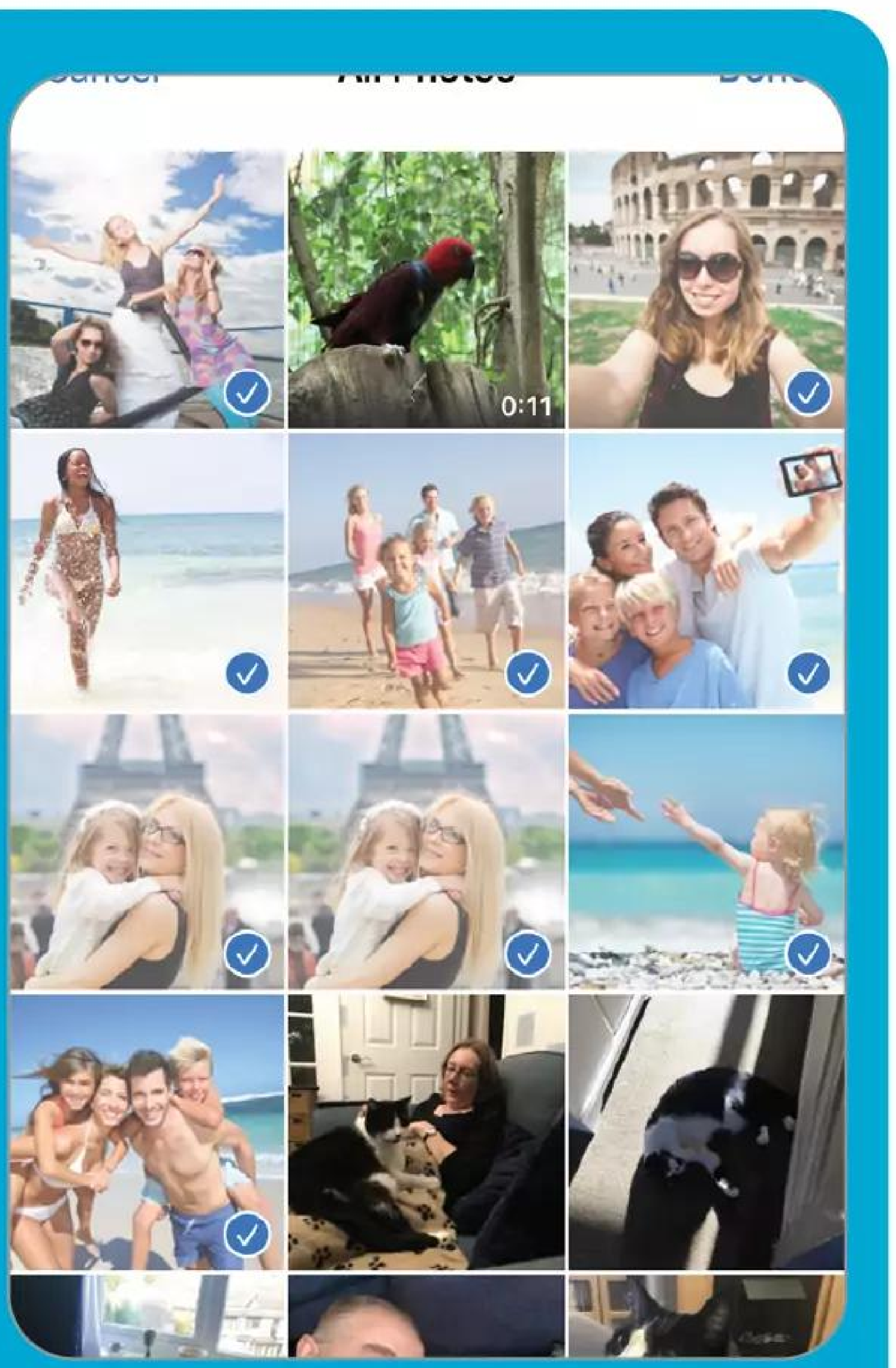


A watch face that gives you a big digital time readout, and a single, large Complication. It's big, it's bold and it's brash. You can choose from a large number of colours; match it to your strap.

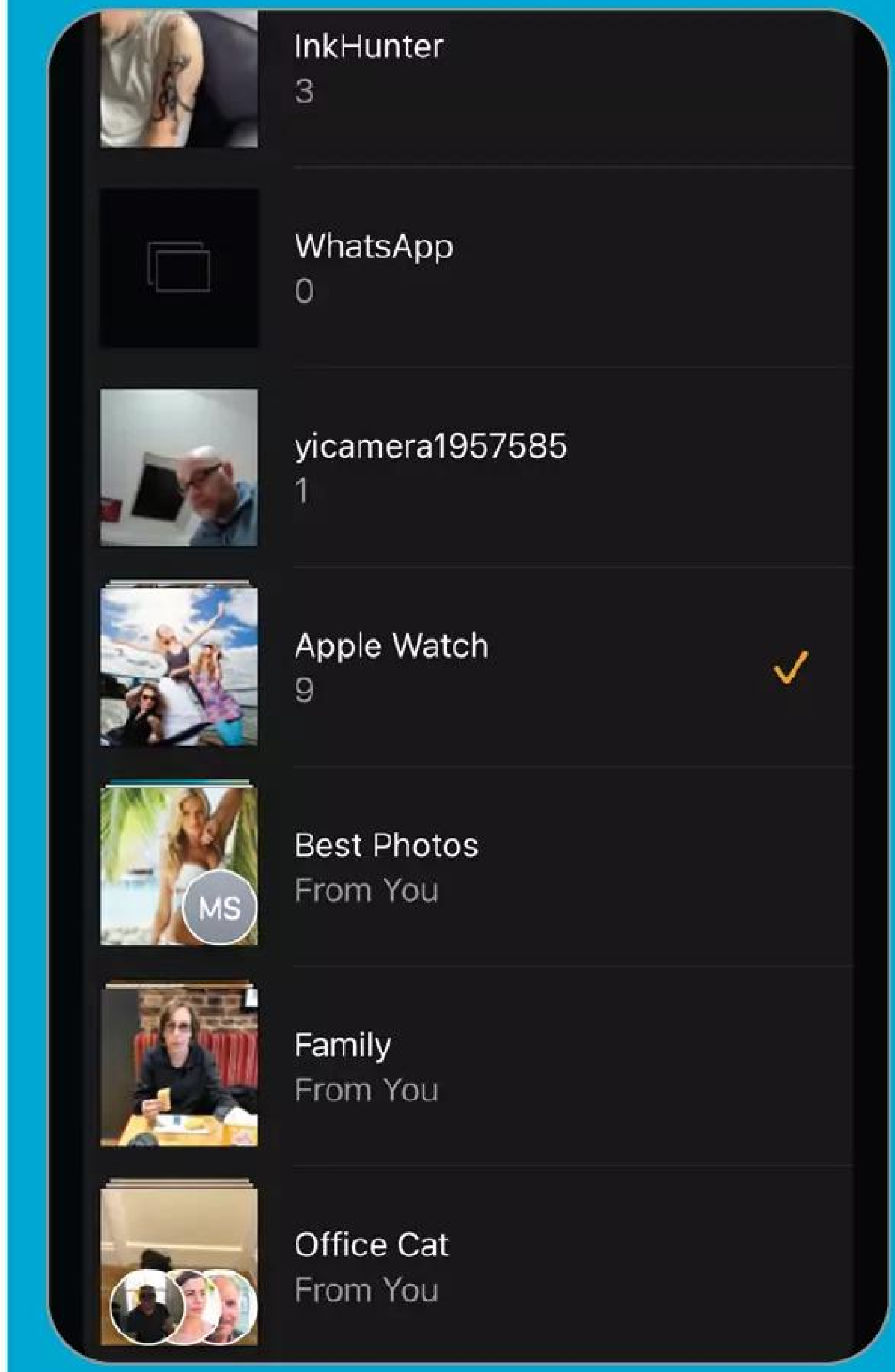
The Photos Option


New Album
Enter a name for this album.
Title
Cancel
Save
Recen
902
Q W E R T Y U I O P
A S D F G H J K L
Z X C V B N M

1 You need to sync the watch with a photo album on your iPhone. If you want to make one especially for your watch, open the iPhone's Photos app, tap Albums then tap the Plus sign > New Album. Call it what you like.



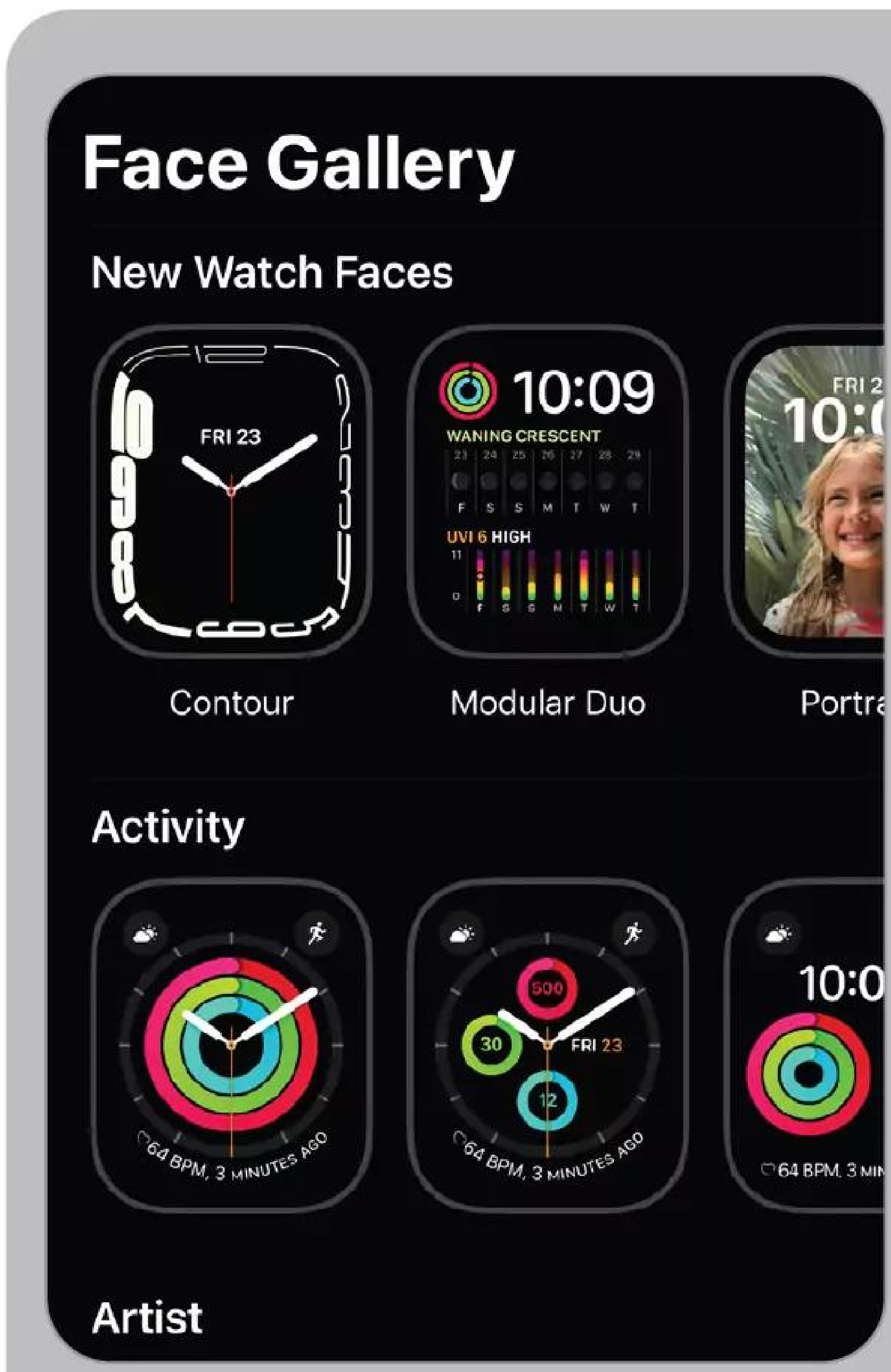
2 Open your new album and tap the Add button in the top-right. Tap every photo you want to appear on your Apple Watch; a tick appears in the corner. When you're finished, tap the Done link in the top right.


InkHunter
3
WhatsApp
0
yicamera1957585
1
Apple Watch
9
Best Photos
From You
Family
From You
Office Cat
From You

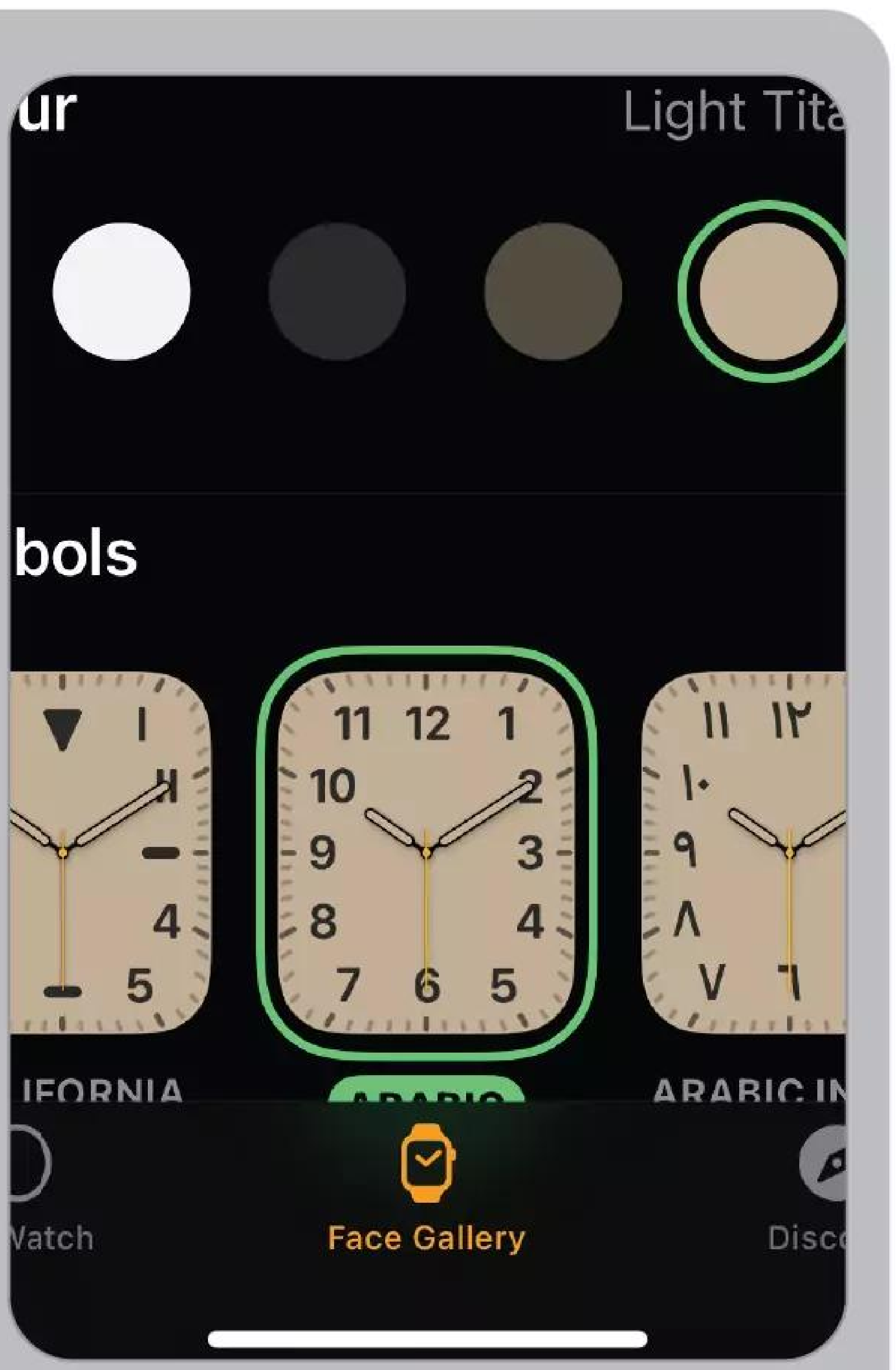
3 Open the iPhone's Watch app and tap My Watch. Now open the Photos option and tap on Synced Album. Choose the album you want to use with your Apple Watch. Its photos are synced with your watch.

4 On your Apple Watch, add a new face; Photos. Set it up however you like. The photos used for the face are taken from your album, and the picture changes every time you raise your wrist or tap the screen.

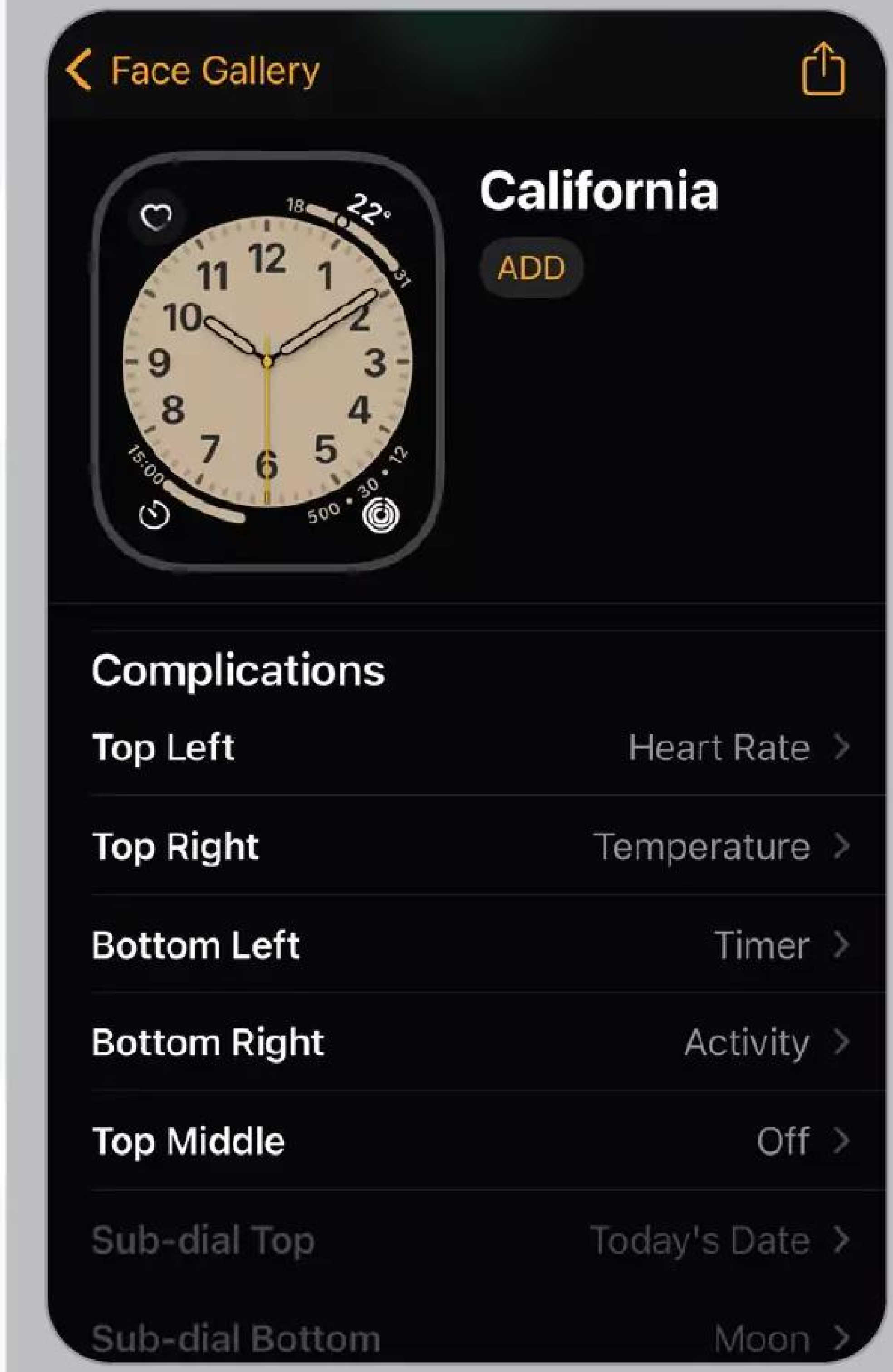
Editing on the iPhone


Face Gallery
New Watch Faces
FRI 23
10:09
WANING CRESCENT
UVI 6 HIGH
Contour
Modular Duo
Portra
Activity
64 BPM, 3 MINUTES AGO
10:0
Artist

1 You might find it easier to edit new watch faces on your iPhone instead of directly on your Apple Watch. First of all, open the iPhone's Watch app, and tap the Face Gallery at the foot of the screen.


ur
Light Tita
bols
IFORNIA
ARABIC IN
Watch
Face Gallery
Disc

2 Find a face you like, and tap it. You can then configure its style, changing things like the colour, symbols, dial design and more. The picture of the watch face at the top of the screen reflects these changes.


Face Gallery
California
ADD

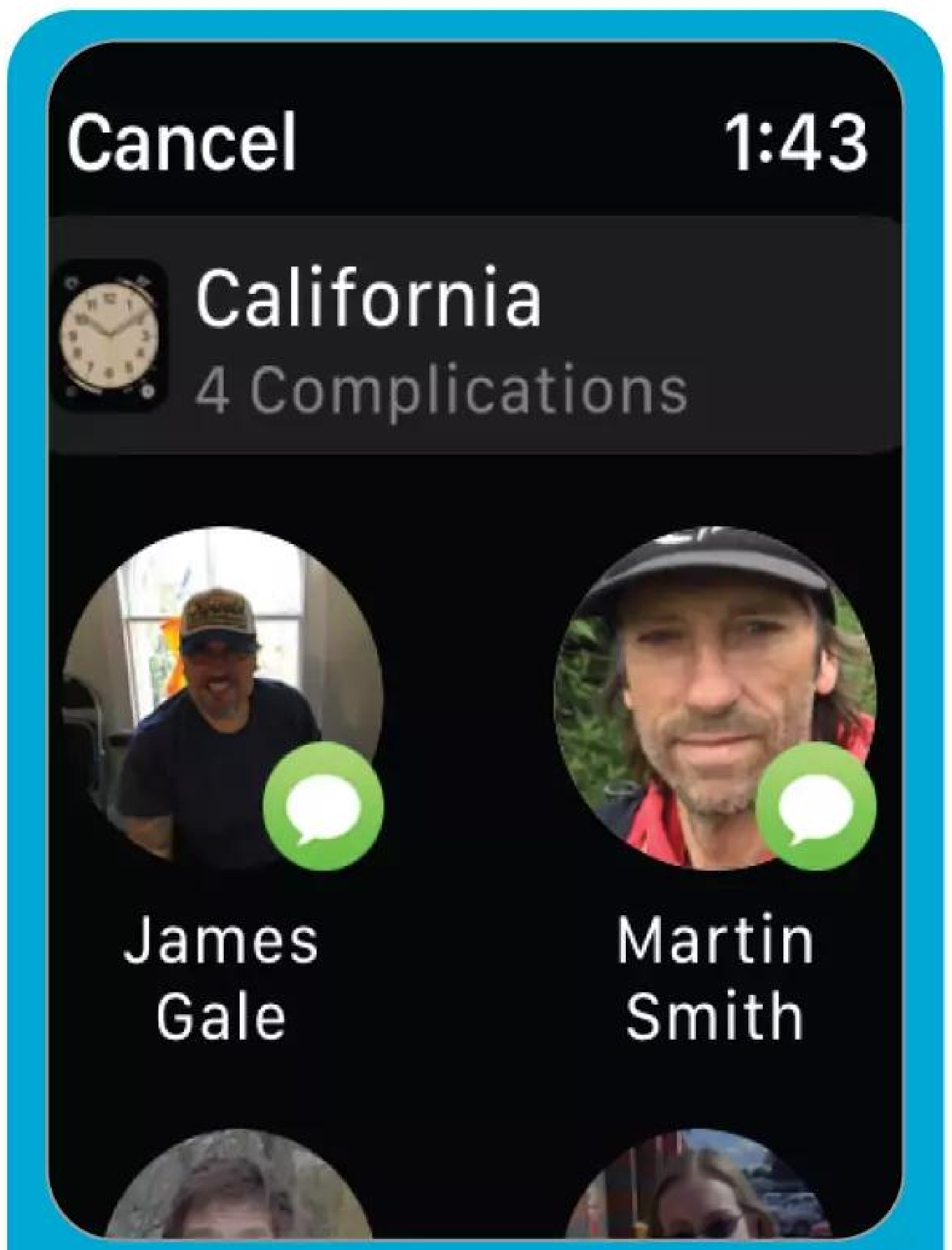
Complications

Top Left	Heart Rate
Top Right	Temperature
Bottom Left	Timer
Bottom Right	Activity
Top Middle	Off
Sub-dial Top	Today's Date
Sub-dial Bottom	Moon

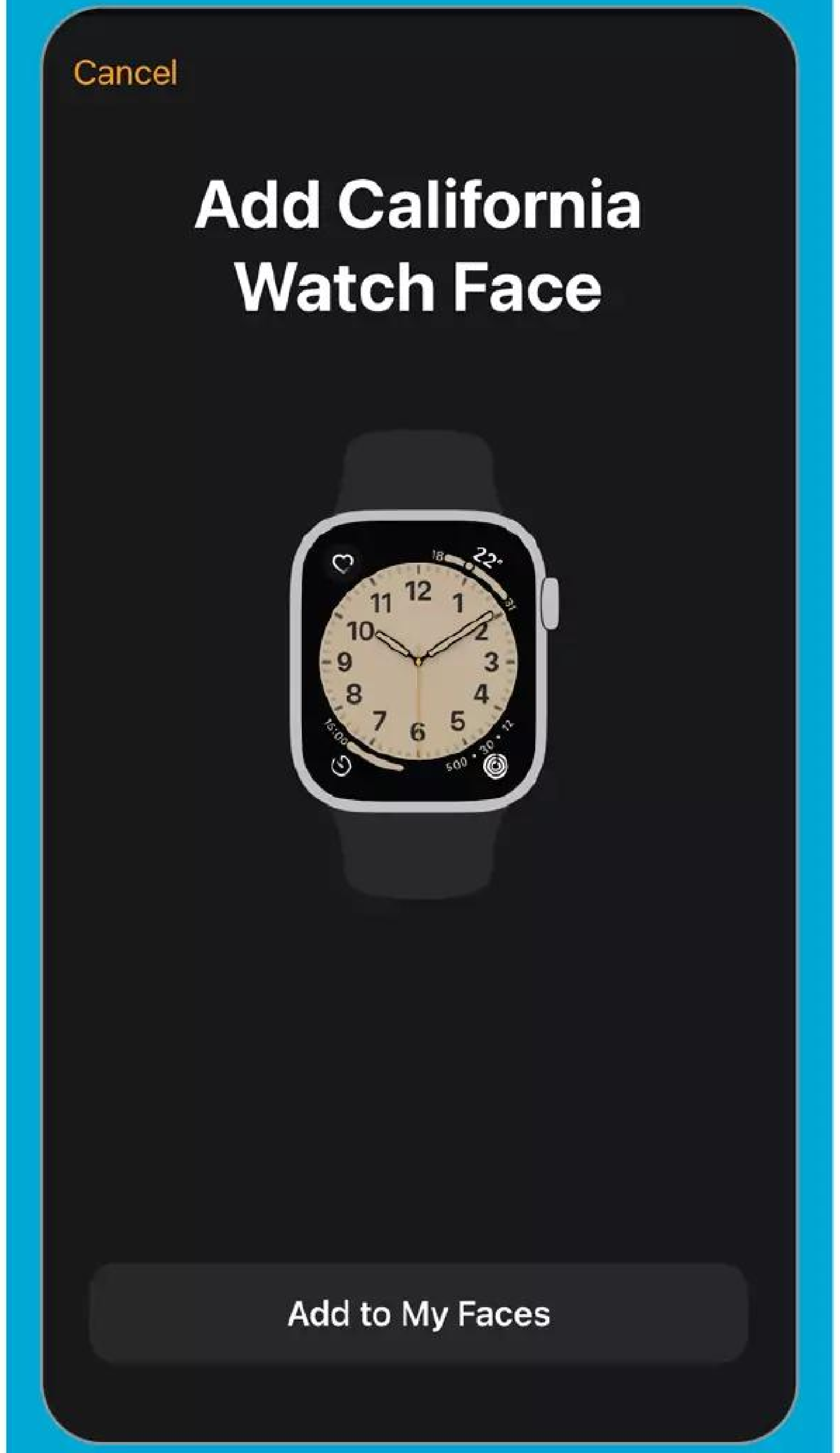
3 Scroll down the list of configurations to get to the Complications, which you can also set up here. The picture of the watch face remains at the top of the screen, so you can see your changes take effect.

4 When you're done, tap Add next to the watch face, atop the screen. The face is synced with those on your iPhone, and is automatically selected as your current watch face on your Apple Watch.

Sharing Watch Faces


Cancel
1:43
California
4 Complications
James Gale
Martin Smith

1 If you've designed an impressive watch face and want to share it with someone; on your Apple Watch, open the face in question, tap and hold the screen and then tap the Edit icon. You're invited to share using Messages and Mail.


Cancel
Add California Watch Face
Add to My Faces

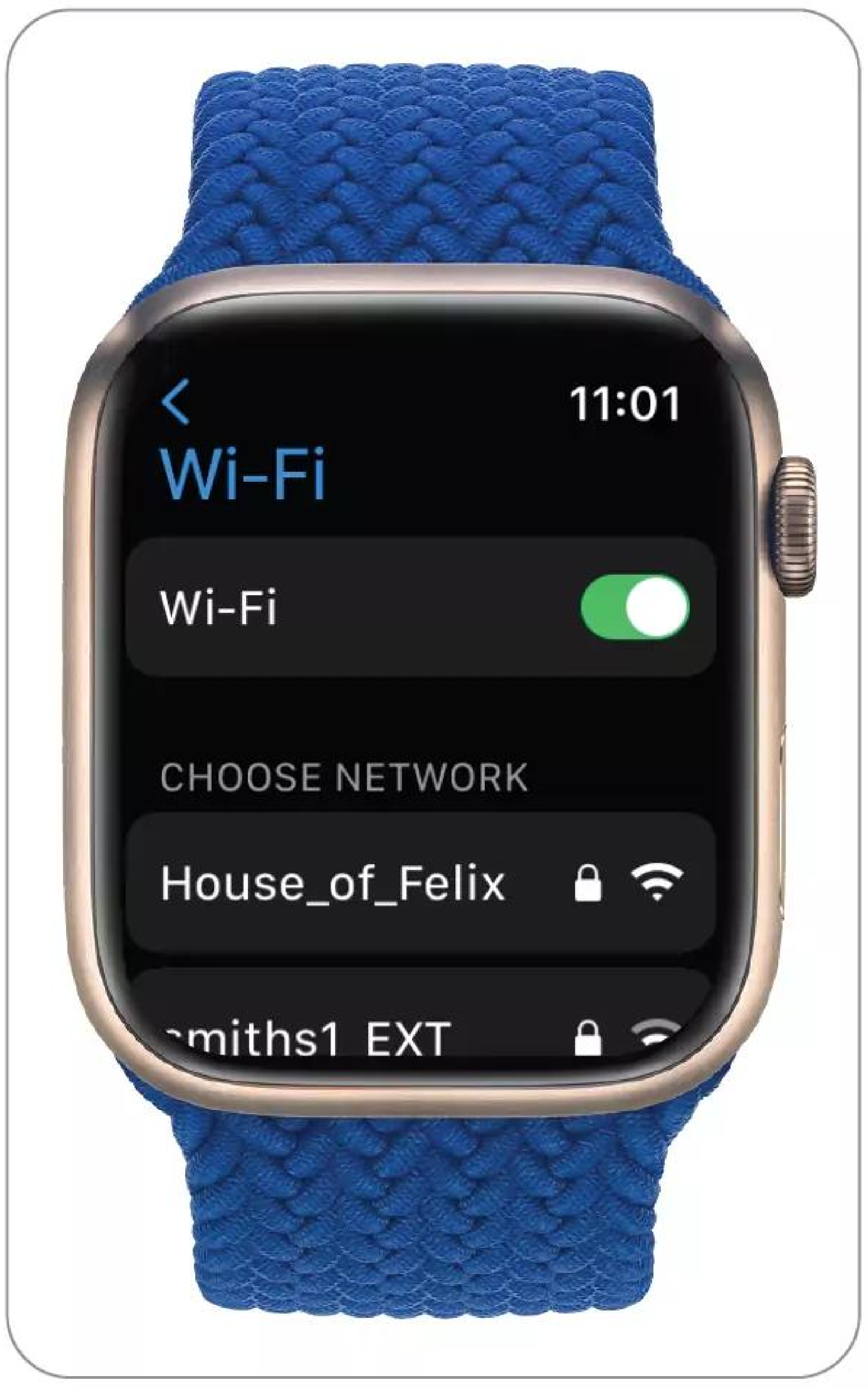
2 Choose one of the contacts offered, or scroll to the Messages and Mail icon, add a recipient and tap Send. The recipient gets a picture of the face. They can tap this picture and are then invited to add the face to their Apple Watch.

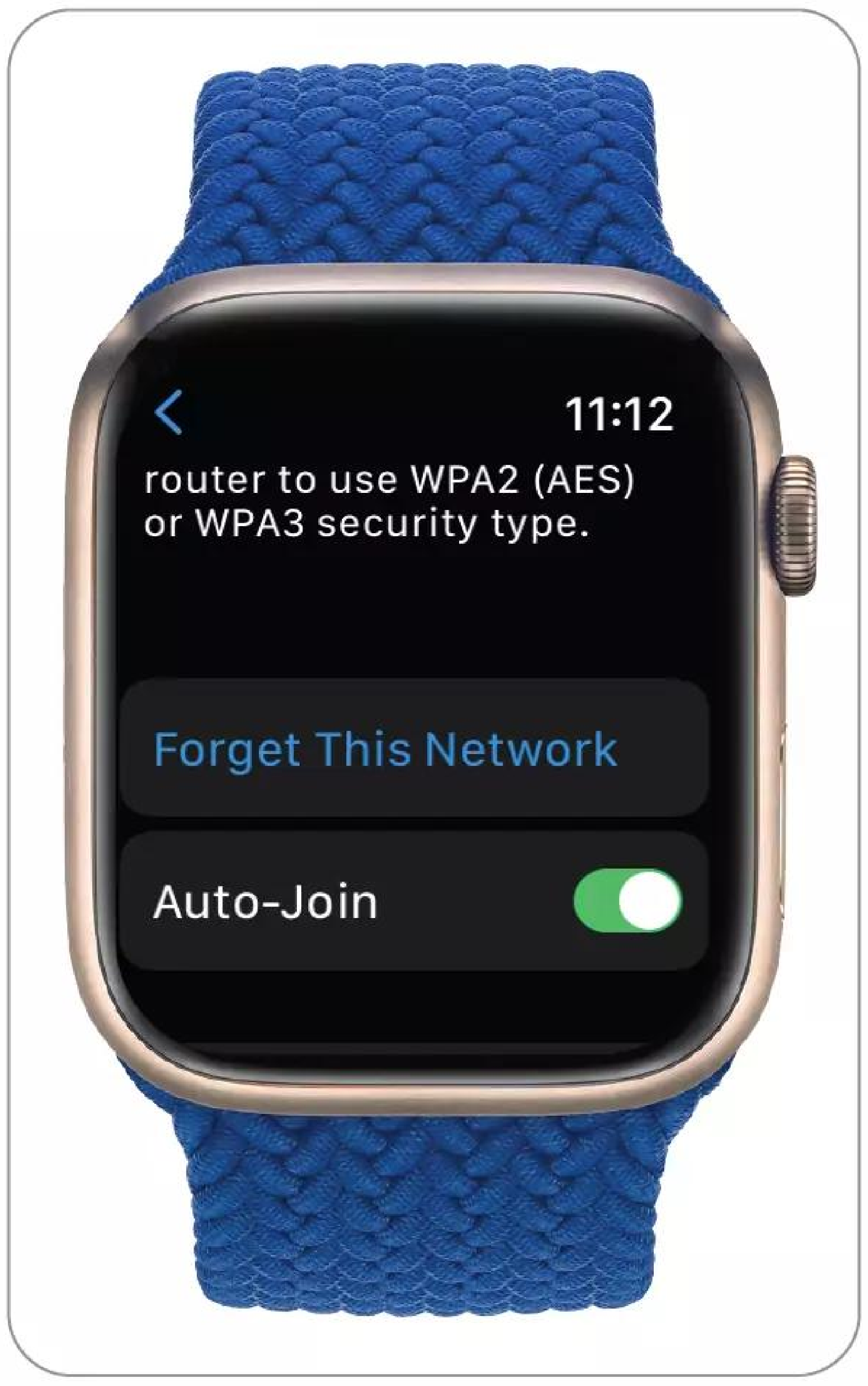
Wi-Fi and Bluetooth

When your iPhone is nearby, your Apple Watch connects to it and gets its online connection through the phone, but if it isn't, your watch can connect to Wi-Fi itself. You can connect your Apple Watch directly to a 802.11b/g/n, 2.4 GHz Wi-Fi network, or even the faster, less crowded 5 GHz network if you have a Series 6 watch or later. Here's a guide to how.

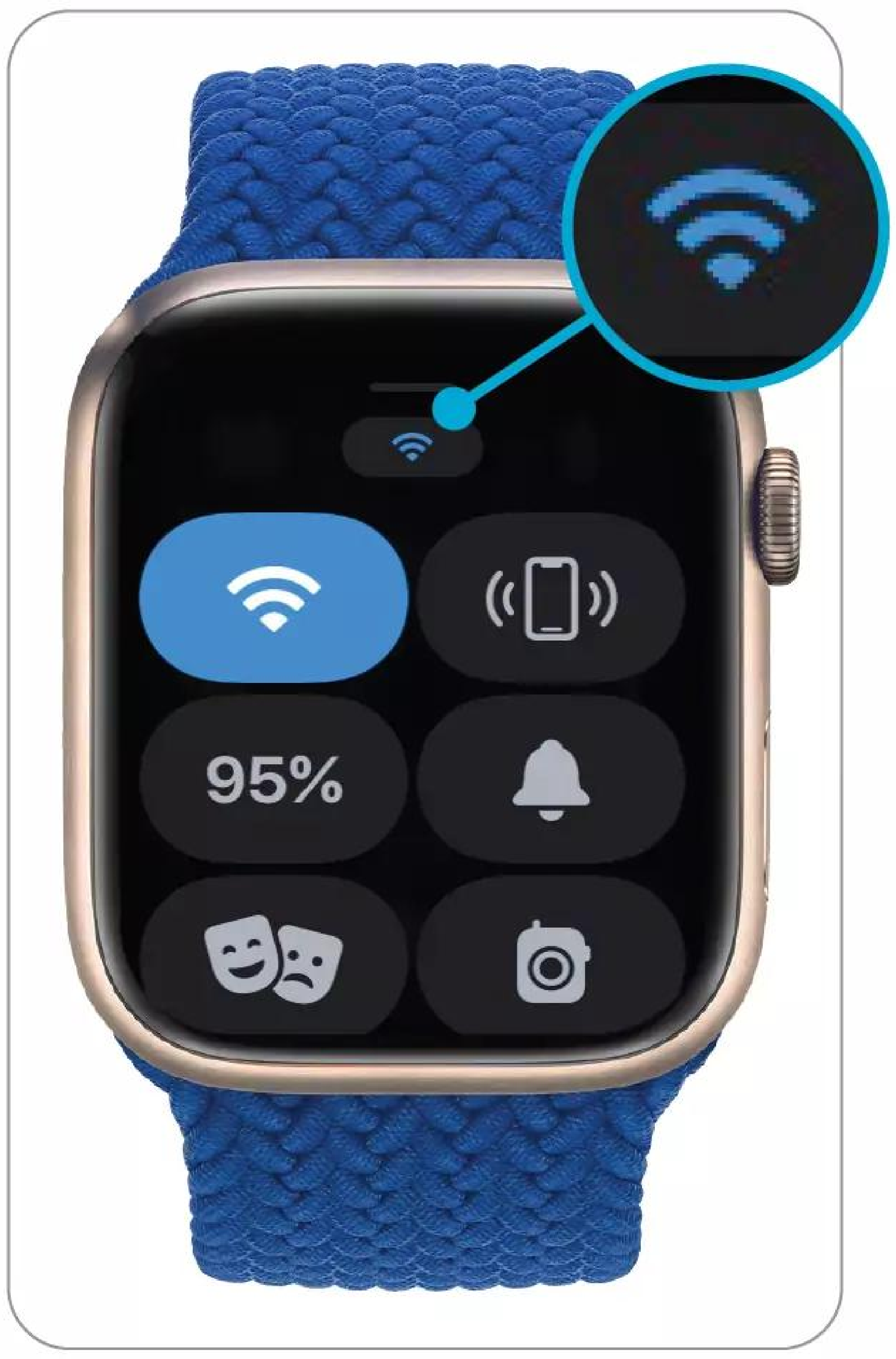
Connecting to a Wi-Fi Network

Connect your Apple Watch to a 802.11b/g/n, 2.4 GHz Wi-Fi network, or even a 5 GHz network if you have a Series 6 watch or later.




11:12

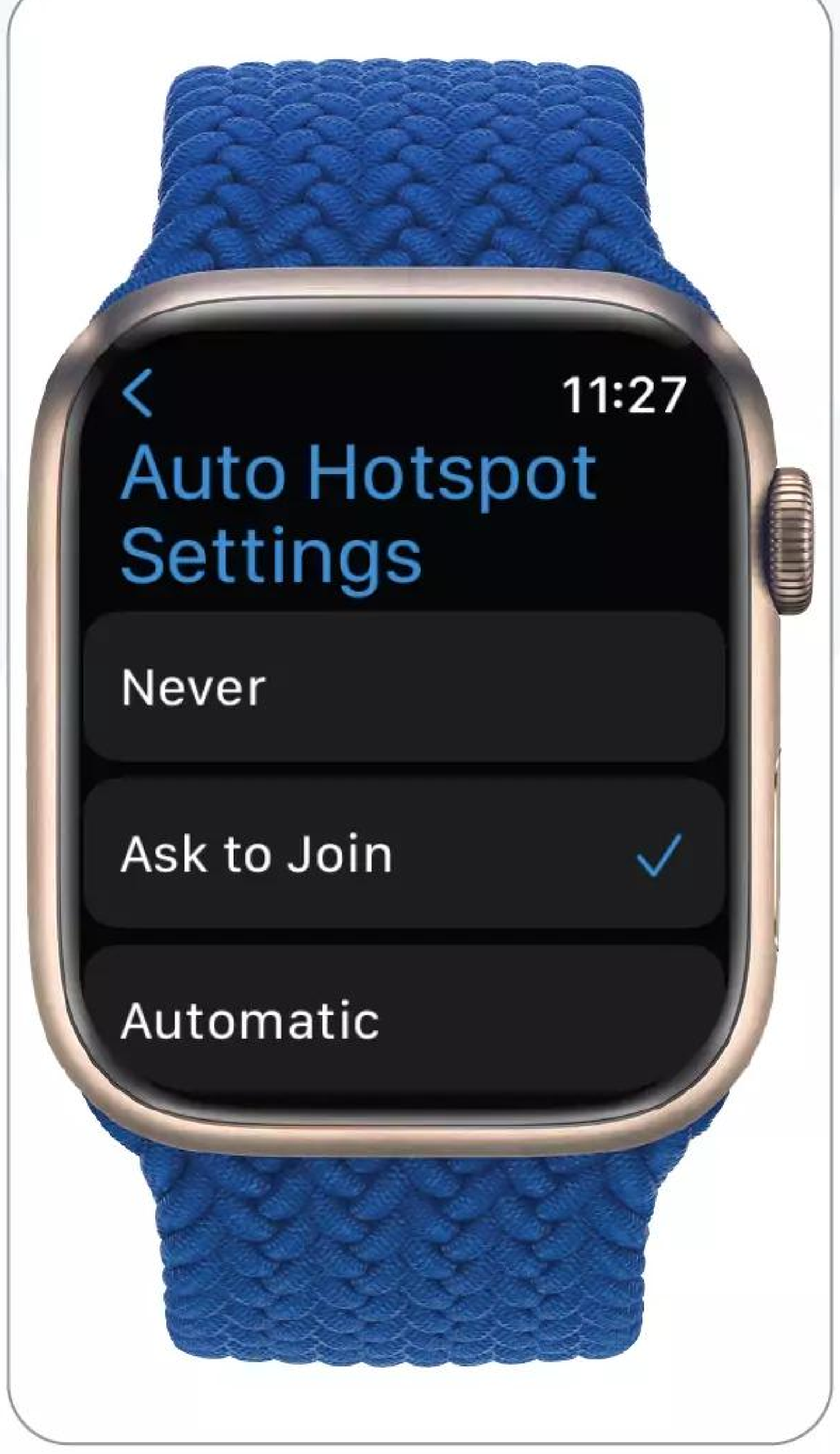
router to use WPA2 (AES) or WPA3 security type.



1 To find and join a Wi-Fi network, in the watch's Settings app, tap Wi-Fi. Make sure it's switched on (see the switch at the top of the page), then scroll up to find the network you want to join. Tap it, and if necessary, enter the network's Wi-Fi password. Tap Join.

2 To get your Apple Watch to forget a Wi-Fi network, so it won't automatically join, open the watch's Settings app and tap Wi-Fi. Use the Digital Crown to scroll until you see the network in question, tap it and scroll up to the Forget This Network button and tap it.

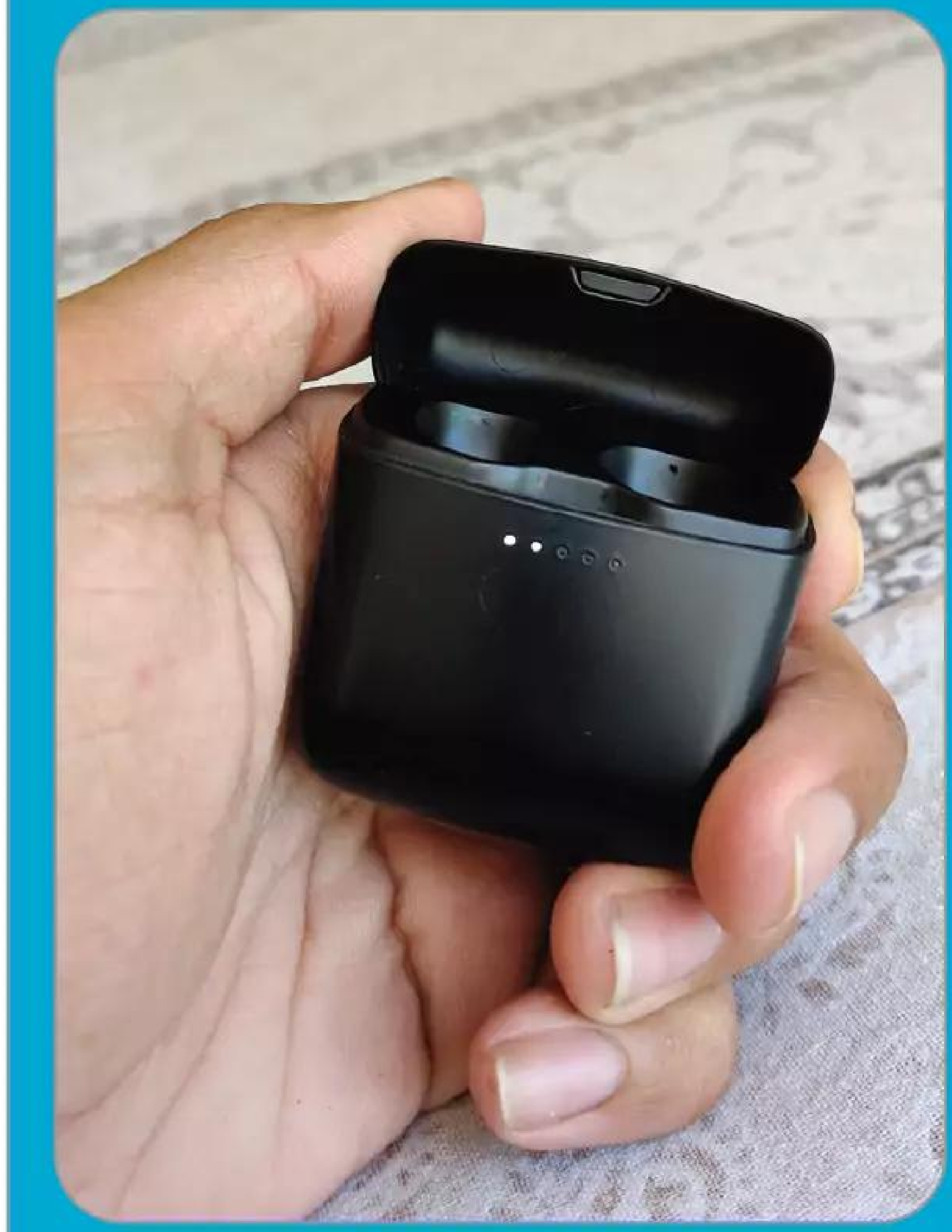
3 When your Apple Watch connects directly to a network instead of going through your iPhone, a Wi-Fi symbol appears atop the control centre. You cannot connect your Apple Watch to public networks that require logins, subscriptions or profiles.


11:27
Auto Hotspot Settings
Never
Ask to Join ✓
Automatic

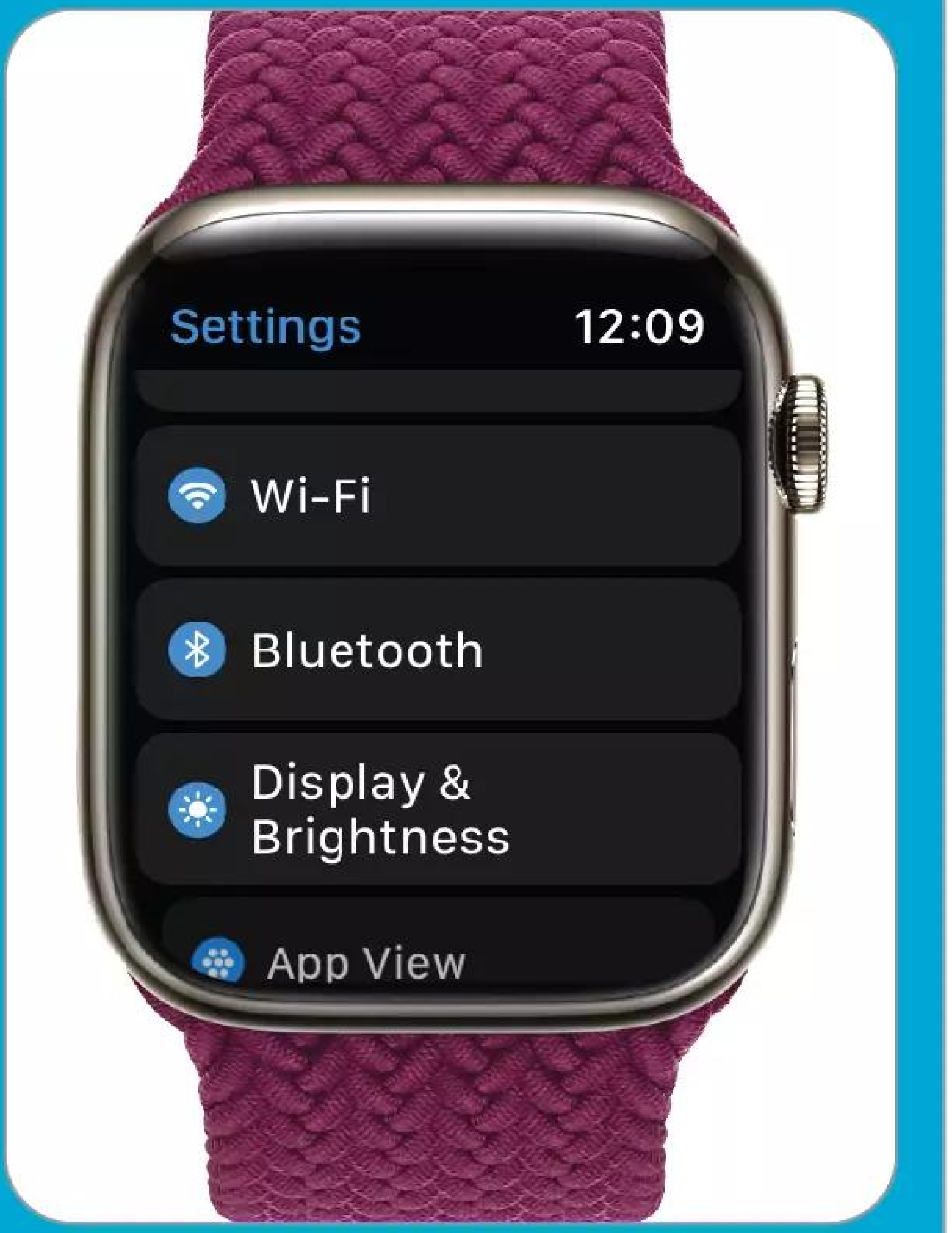
4 To adjust your Apple Watch's Auto Hotspot settings, go to Settings > Wi-Fi and at the bottom of the page, tap the button showing your current setting. Your Apple Watch can ask before joining a network you've previously been on, always join or never join.

Bluetooth Peripherals

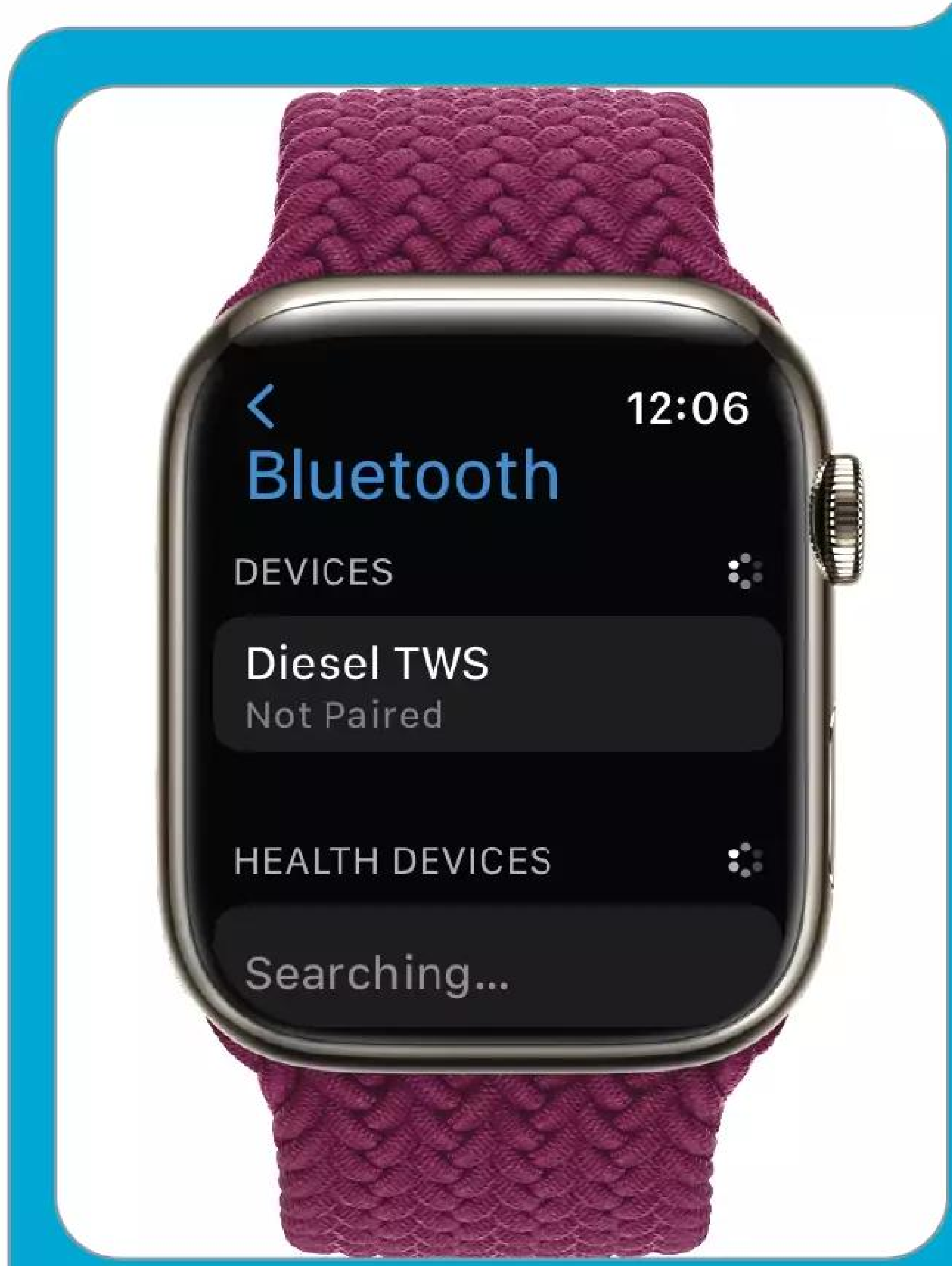
Connect your Apple Watch to Bluetooth peripherals, such as speakers, headphones and earbuds, to play audio straight from your watch.



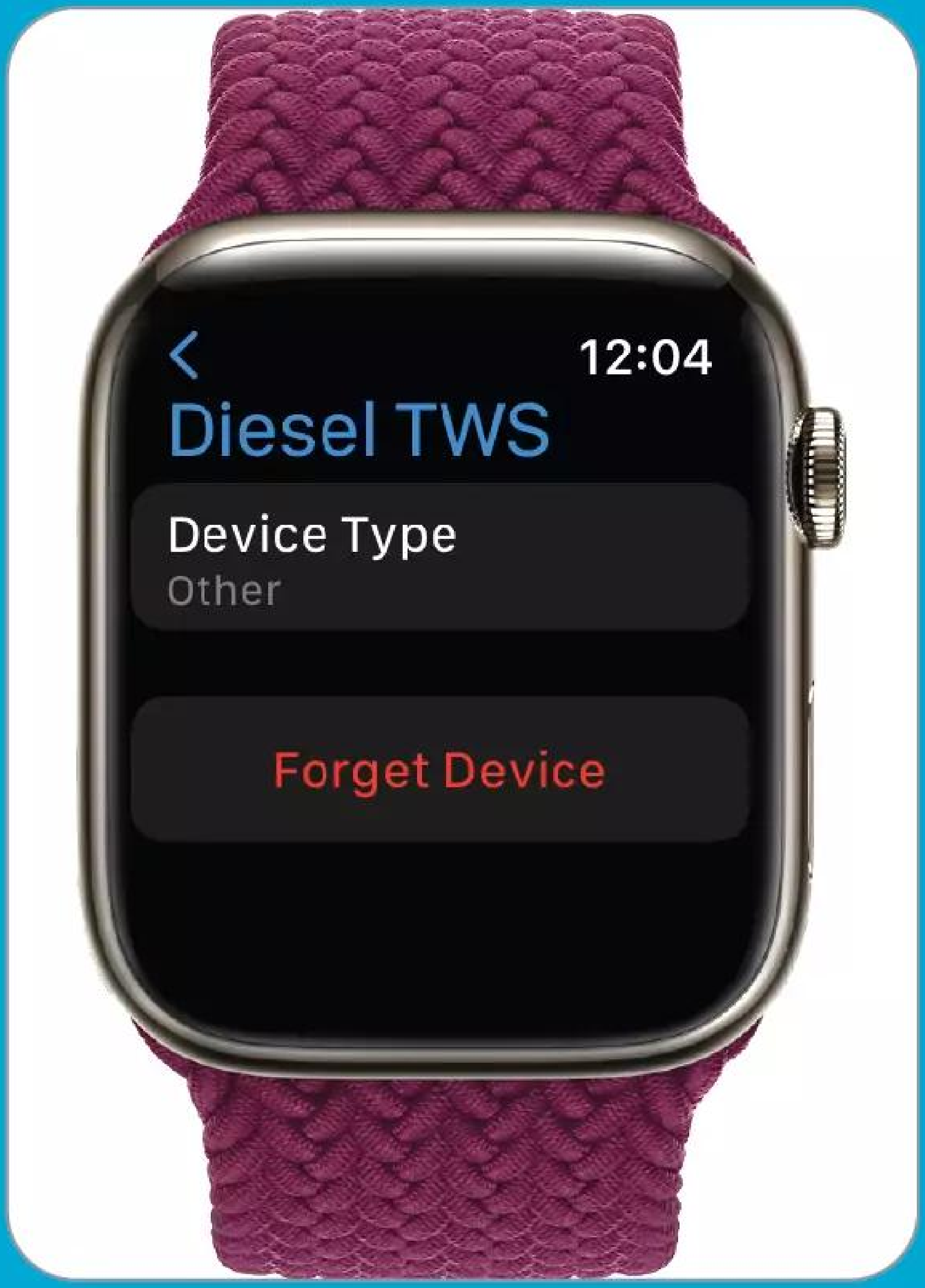
1 If you want to connect a device such as Bluetooth, earbuds, speakers or connected peripherals that record health information, first of all, dig out the instructions for the item in question and put it into pairing mode. It's usually fairly straightforward to do so.


Settings
12:09
Wi-Fi
Bluetooth
Display & Brightness
App View

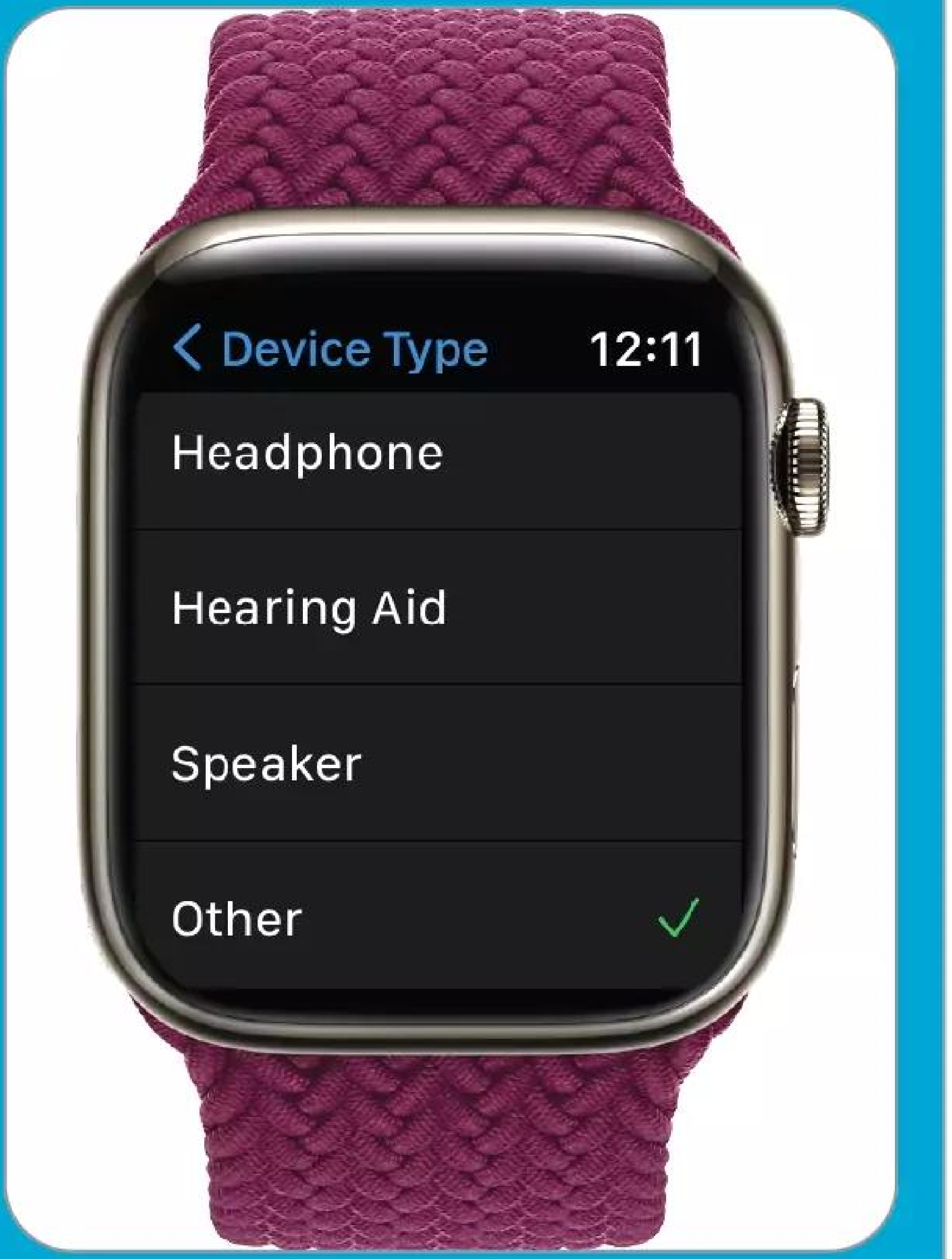
2 On your Apple Watch, open the Settings app and tap the Bluetooth option. Devices that are already paired with your Apple Watch are listed here. The watch searches for nearby Bluetooth gadgets that are in pairing mode; the one you're pairing should appear.


12:06
Bluetooth
DEVICES
Diesel TWS
Not Paired
HEALTH DEVICES
Searching...

3 The new device appears on the screen, listed in the Devices or Health Devices section (it might take a while to appear). It should be listed as 'Not Paired'. Tap it, and the device is paired with your watch and connected to it via a Bluetooth connection.


12:04
Diesel TWS
Device Type
Other
Forget Device

4 To unpair a Bluetooth device from your Apple Watch, so it no longer connects to your watch when you switch it on, in Settings > Bluetooth tap the 'i' symbol next to the device you want to forget. Tap the Forget Device button and that device is no longer paired.


Device Type
12:11
Headphone
Hearing Aid
Speaker
Other ✓

5 If the Apple Watch has not correctly recognised the category of the device you've paired with it, open Settings > Bluetooth and tap the 'i' icon next to the device in question. On the next screen, you can choose which category of device it should be in.

The Watch Control Centre

The watchOS Control Centre gives you access to a range of features on your Apple Watch. It's great for pinging your mislaid iPhone, checking the battery level, switching to Airplane Mode and more. Here's how it all works.

Wi-Fi and Cellular

This icon, when lit, shows your watch has a current Wi-Fi connection. Tap it to turn Wi-Fi on and off. If your watch also has cellular connectivity, it's joined by another icon, showing a cellular mast. This is green when a cellular connection has been made. Again, tap it to turn it on and off.

iPhone and Location

The green icon here shows your watch is connected to your iPhone. The blue one shows it's seeking location information. Tap here to check up on this information. On an Apple Watch with Cellular connectivity, these icons are replaced with signal-strength bars. Swipe down from the feint line above these icons to close Control Centre.

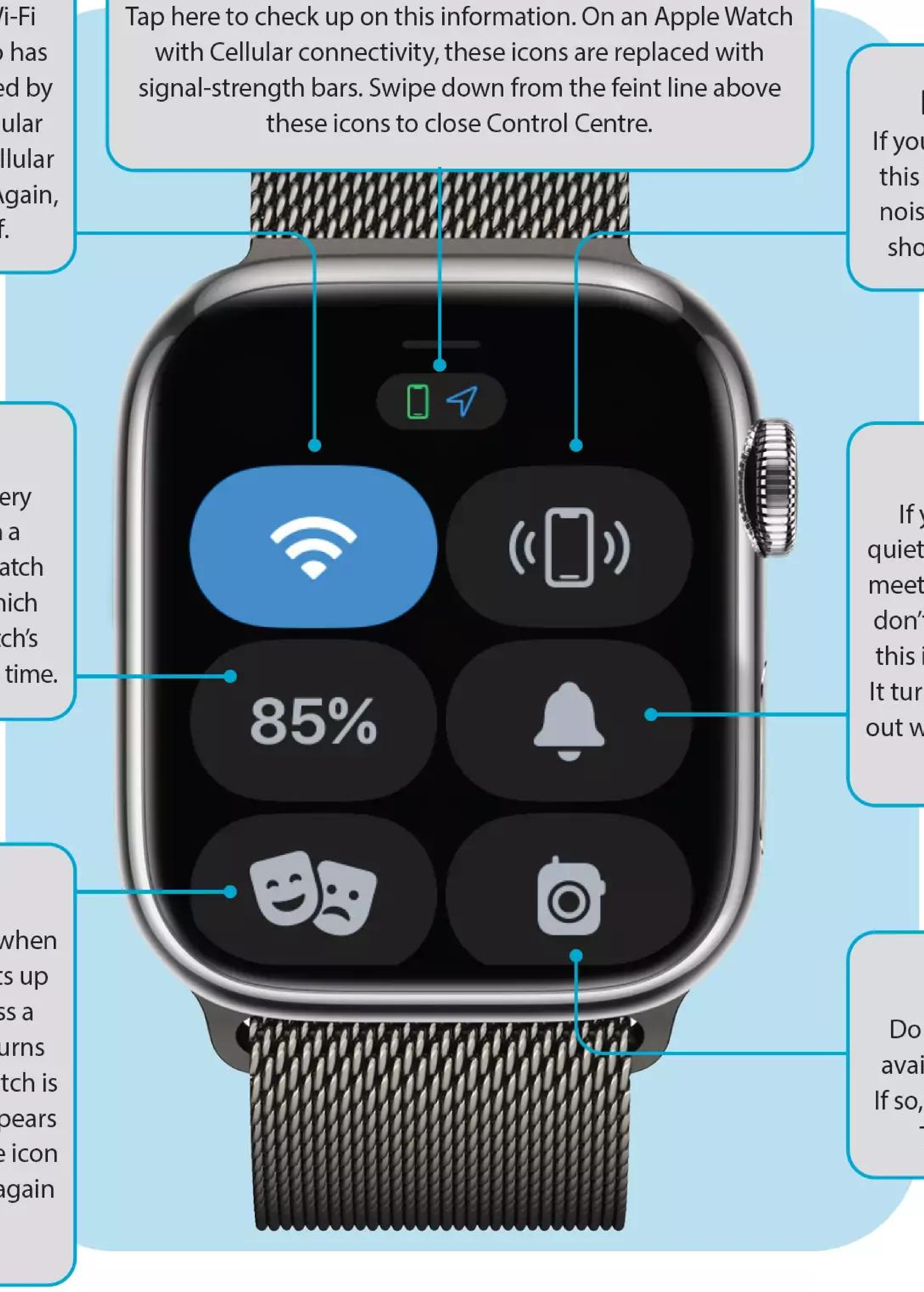
Ping Your iPhone

If you've mislaid your iPhone, tap this icon and it makes a pinging noise. Follow your ears, and you should be able to find it again.

83%
Battery Remaining

Battery Level

This shows your current battery level. Tap it for a screen with a slider that lets you put your watch into Power Reserve mode, which shuts down most of your watch's functions but lets you keep the time.



Silent Mode

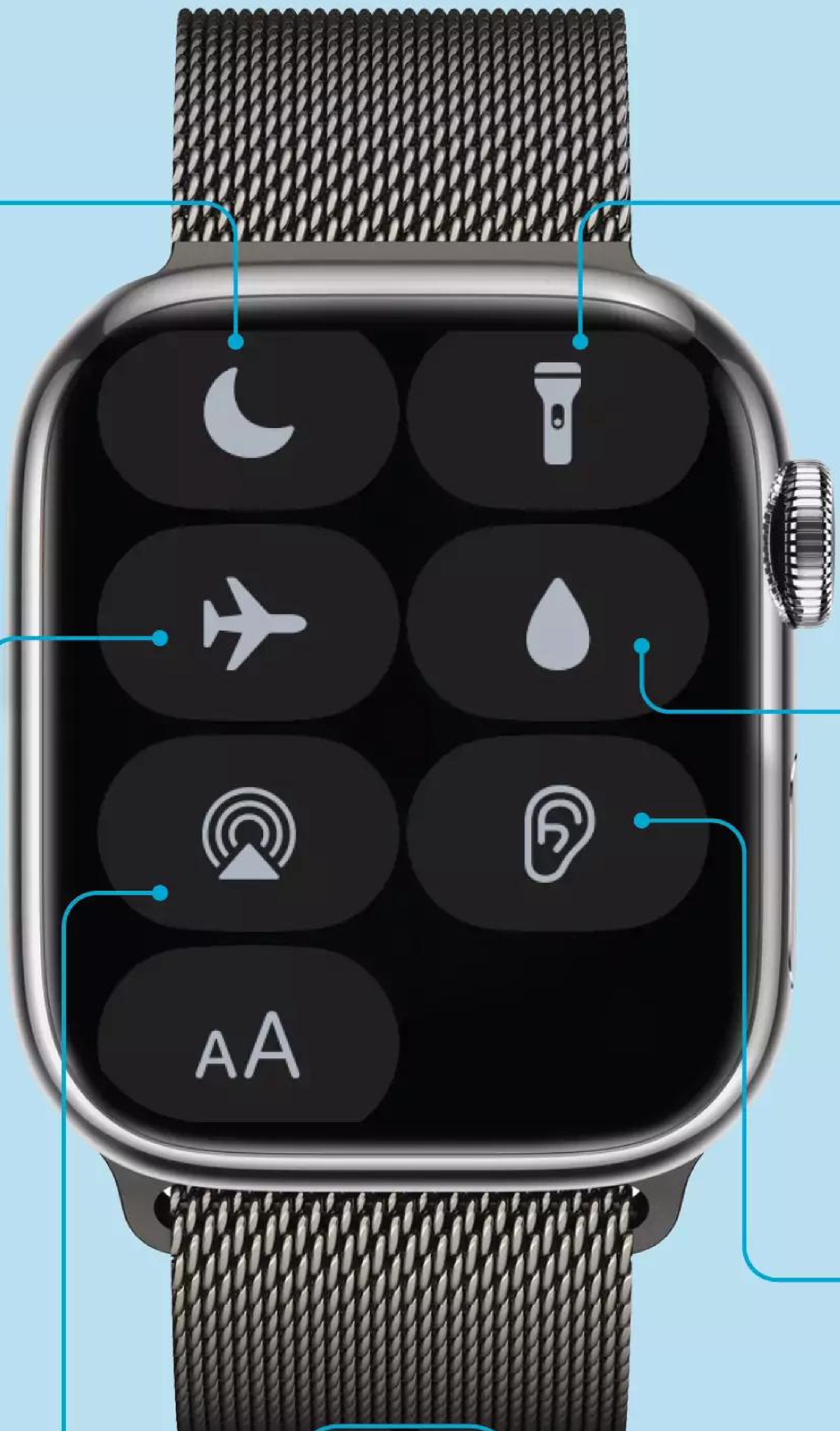
If you need some peace and quiet, perhaps because you're in a meeting or watching a movie and don't want to be interrupted, tap this icon to activate Silent Mode. It turns red and the bell is crossed out when it's active. Tap it again to turn off Silent Mode.

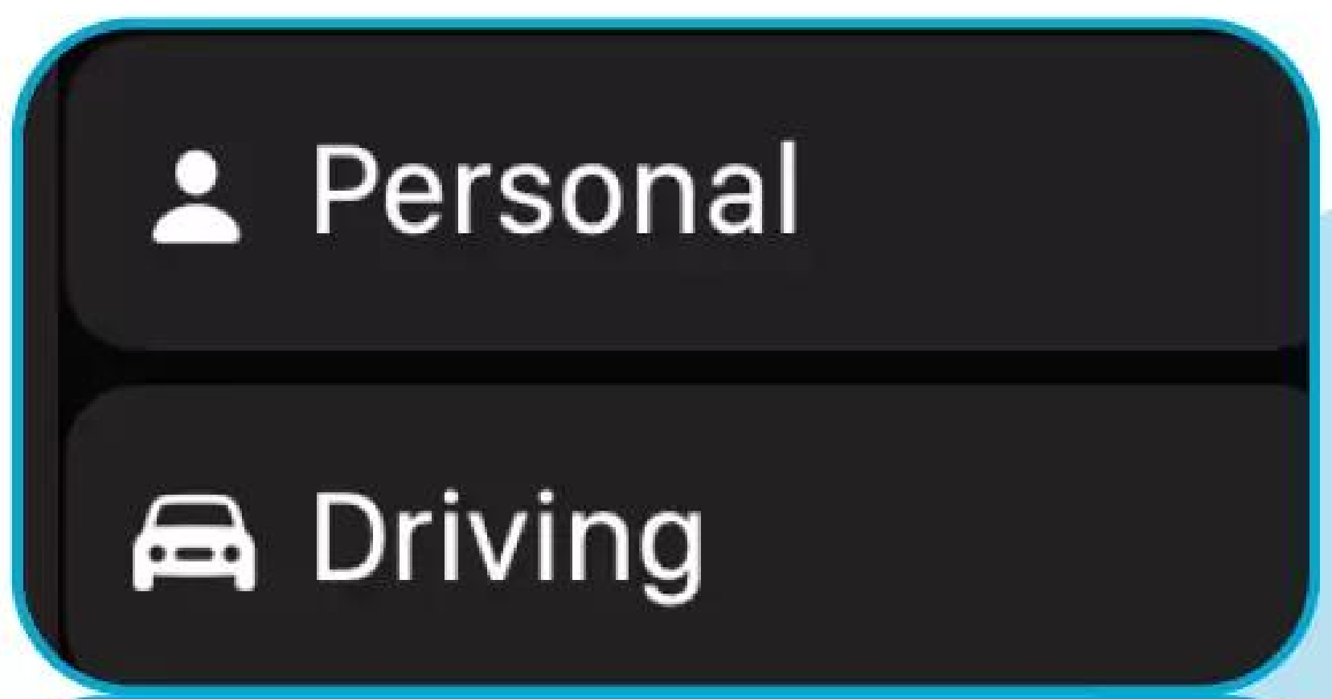
Theatre Mode

Stops the display turning on when you lift your wrist; it still lights up if you tap the crystal or press a button. Theatre Mode also turns on Silent Mode. When the watch is in Theatre Mode, this icon appears above the watch face too. The icon is orange when it's on; tap it again to turn it off.

Walkie-Talkie

Do you want to make yourself available for Walkie-Talkie calls? If so, tap this icon; it turns yellow. Tap it again to turn it off.



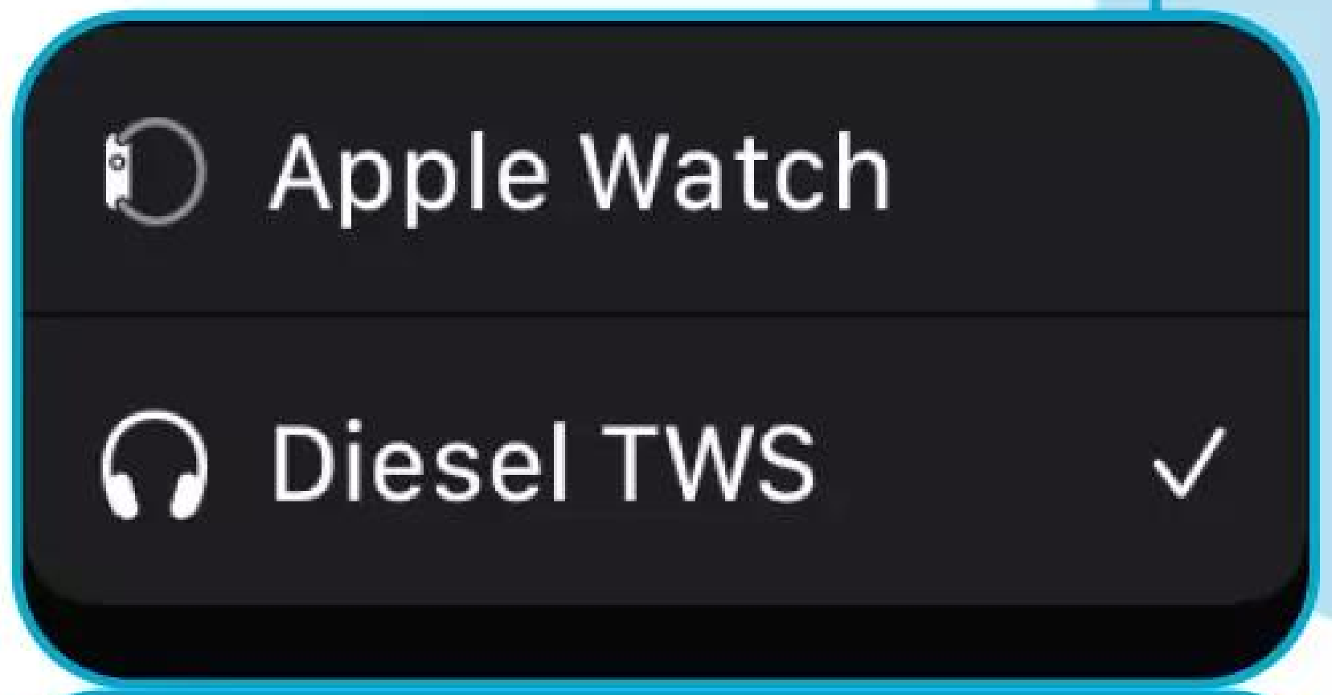


Choose a Focus

If you've set up a Focus on your iPhone, tap this icon and choose it on the next screen. Even if you haven't set up a Focus, you can still use the default ones such as Do Not Disturb and Driving. You can choose whether to keep your Focus on for an hour, until tomorrow morning or until you leave your current location. Alternatively, just turn it on, and tap the icon again to turn it off once more.

Airplane Mode

If you're flying, the airline might insist you use Airplane Mode for your iPhone and Apple Watch. This turns off Wi-Fi and cellular connections, to prevent them interfering with the aircraft's navigation instruments, but keeps Bluetooth turned on so you can still listen to your music. Tap the icon to turn the feature on and off, on both your iPhone and your Apple Watch. When it's on, an airplane appears on your watch face.



Audio Output

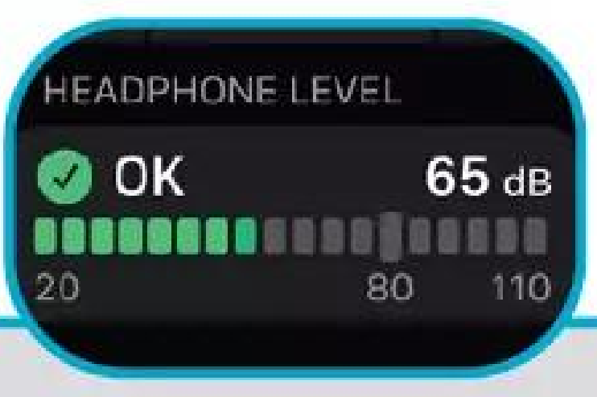
If you want to switch your watch's audio output to a connected Bluetooth audio device such as speakers or earbuds, or if you want to connect it to such a device, tap this icon. You can choose an audio output source from connected devices listed on the Audio screen, or tap Connect a Device to make a new bluetooth connection.

The Torch

Tap the Torch and your screen turns white, with the screen set to maximum brightness. You can then use your watch as a rudimentary torch. Swipe right for a flashing light, and again for a red one. Swipe down to turn the feature off and return to the watch face.

Water Lock

If you go swimming in your Apple Watch, tap this icon to activate the watch's Water Lock to lock your screen and prevent accidental taps. This function is automatically activated if you start a Swimming workout. When you've finished, turn your Digital Crown to expel the water from your speaker port and unlock your watch.



Check Headphone Volume

If you're listening to music through your headphones on your Apple Watch, this icon shows a green tick. Tap it and you get a screen that lets you adjust the headphones' volume, and also checks it's not too loud. You can limit the maximum headphone volume in Apple Watch's Settings.

Edit Control Centre

Swipe all the way to the bottom of the Control Centre to see the Edit button at the foot of the icons. Tap it and you can edit your Control Centre. To remove an item from the Control Centre, tap the red cross next to it. To add a feature that isn't currently in there, tap its green tick. Items you've removed can be added again later.

Accessing the Control Centre

To access the Control Centre from the watch face, simply swipe the screen upwards. To open it from within an app, touch and hold the bottom of the screen, and then swipe up when the top of the Control Centre appears. To close Control Centre, swipe down from the top of the screen.
With the Control Centre open, scroll the screen up and down using the Digital Crown, or alternatively, by placing your finger on the screen and dragging it up and down.

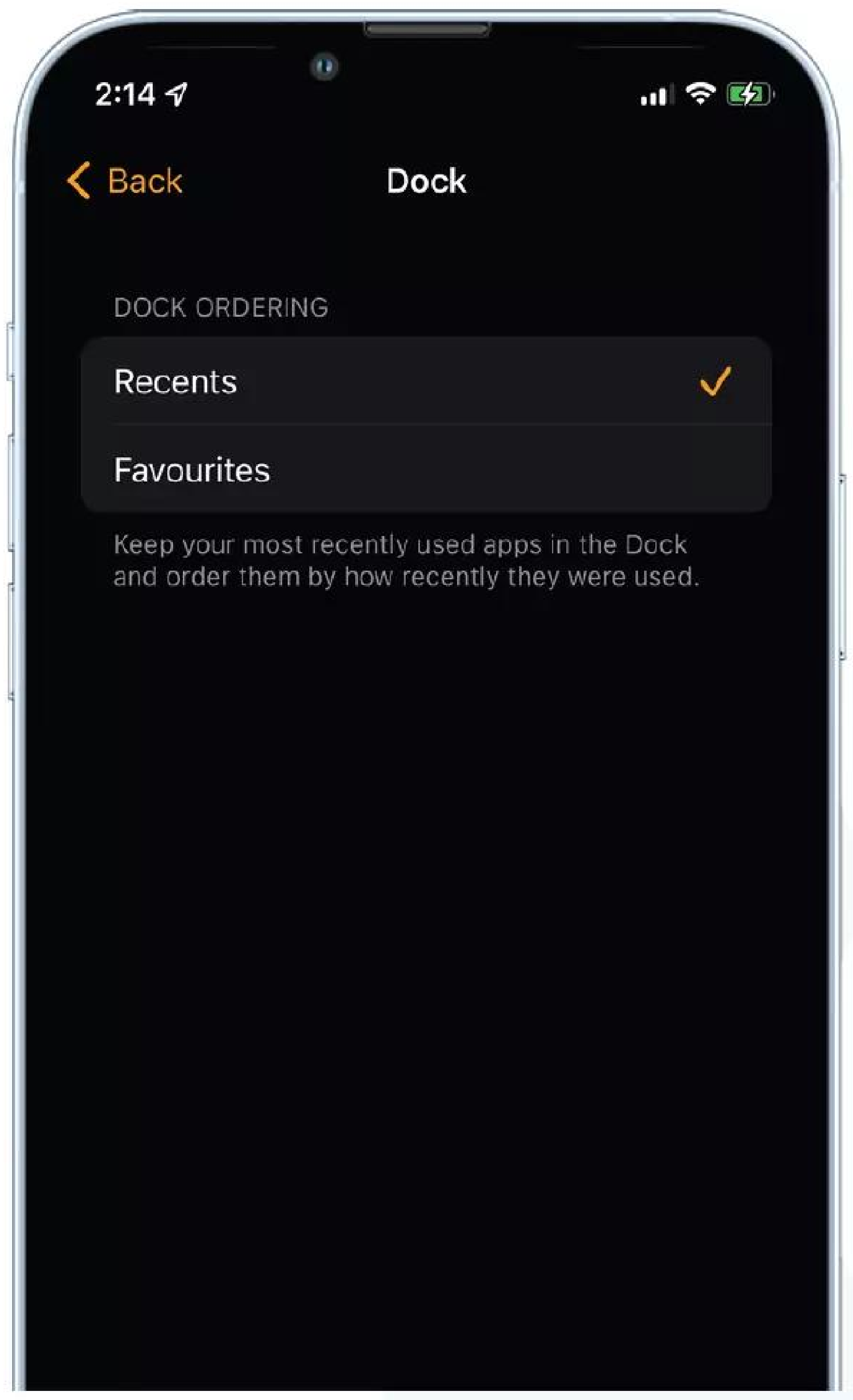
The Dock in watchOS

Apple Watch's Dock is a convenient way of accessing either your favourite apps or those you've used recently. It can hold both first-party apps, created by Apple and bundled with watchOS, and third-party software that you've added yourself. In watchOS 9, apps running in the background are prioritised over other Dock apps, making them even easier to find.

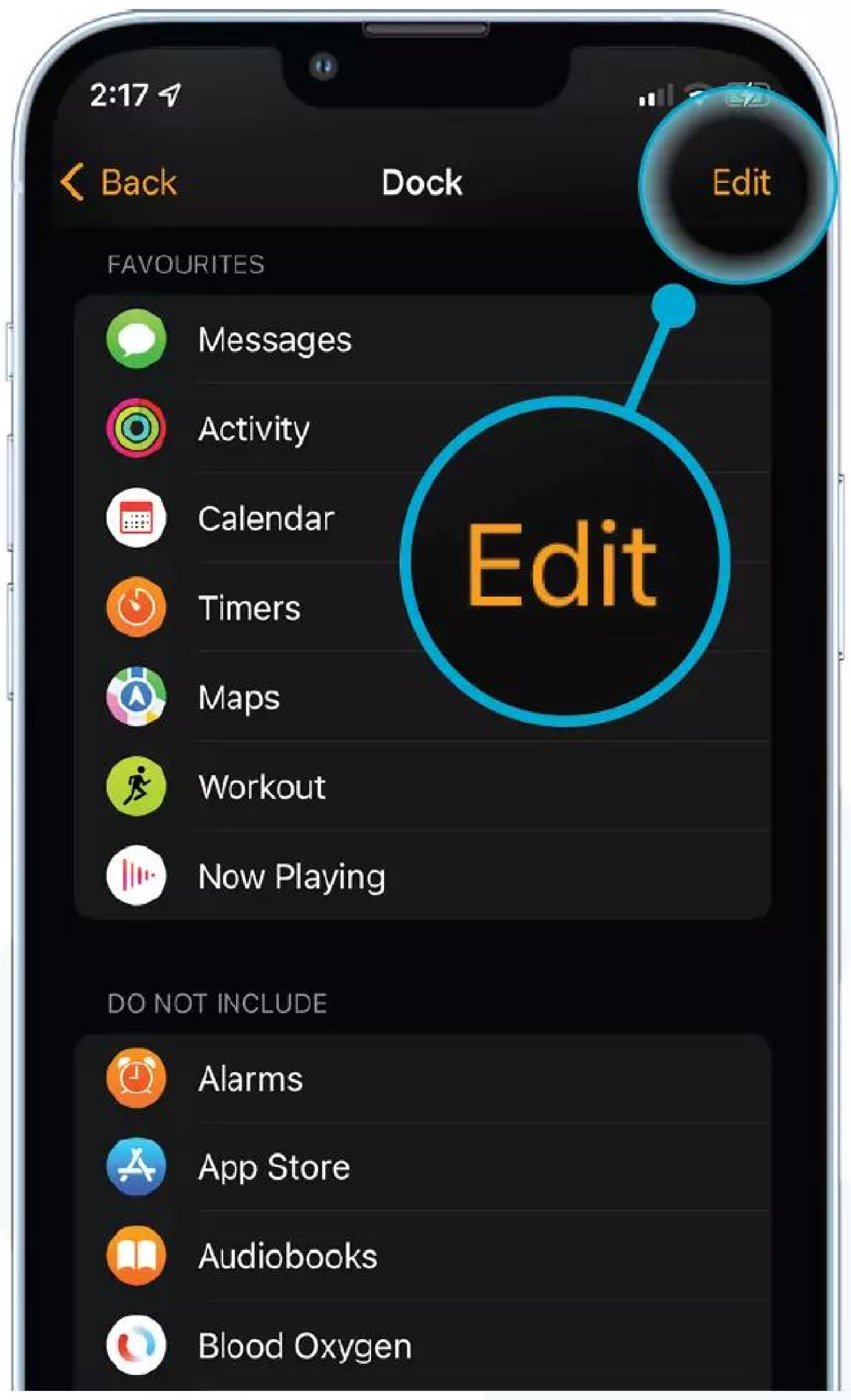
Alarms
Alarms
SLEEP | WAKE UP
No Alarm
Tomorrow
OTHER ALARMS
7:00AM
All Apps

Recents or Favourites?

You can set up the Dock to hold Recents, that is, apps you've used most recently, displayed in the order you accessed them, or Favourites, which lets you decide which apps are in the Dock and in what order.

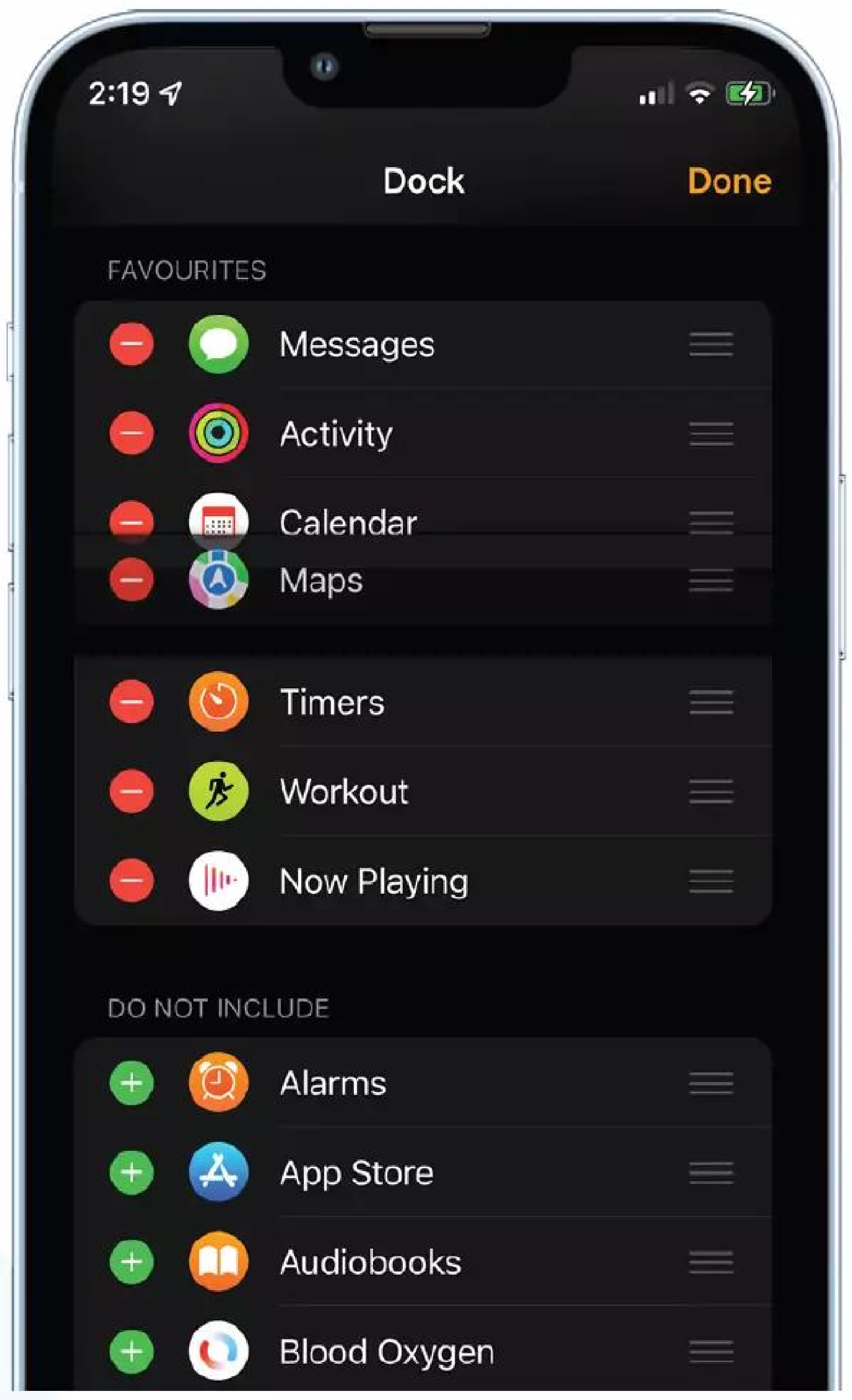


DOCK ORDERING
Recents ✓
Favourites
Keep your most recently used apps in the Dock and order them by how recently they were used.



FAVOURITES
- Messages
- Activity
- Calendar
- Timers
- Maps
- Workout
- Now Playing

DO NOT INCLUDE
- Alarms
- App Store
- Audiobooks
- Blood Oxygen



FAVOURITES
- Messages
- Activity
- Calendar
- Maps
- Timers
- Workout
- Now Playing

DO NOT INCLUDE
- Alarms
- App Store
- Audiobooks
- Blood Oxygen

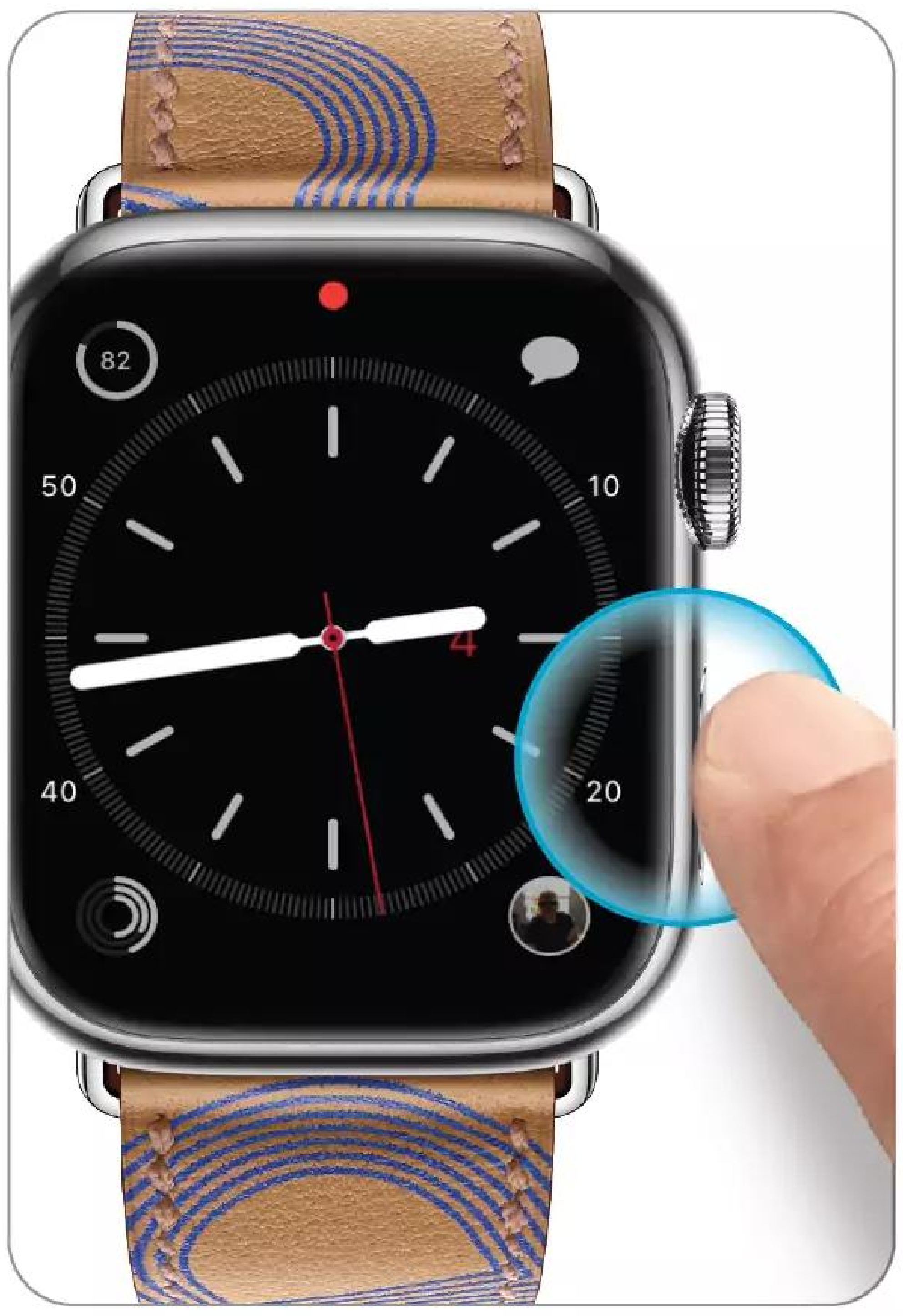
1 Open the Watch app on your iPhone, and in the My Watch tab (bottom-left corner), select Dock. Here you can choose between Recents (the most recently used apps), and Favourites (apps of your choice).

2 If you choose Favourites, all the applications you have installed on your Apple Watch are listed, under 'Favourites' (in the Dock), or 'Do Not Include' (not in the Dock). Tap Edit (top right) to make changes.

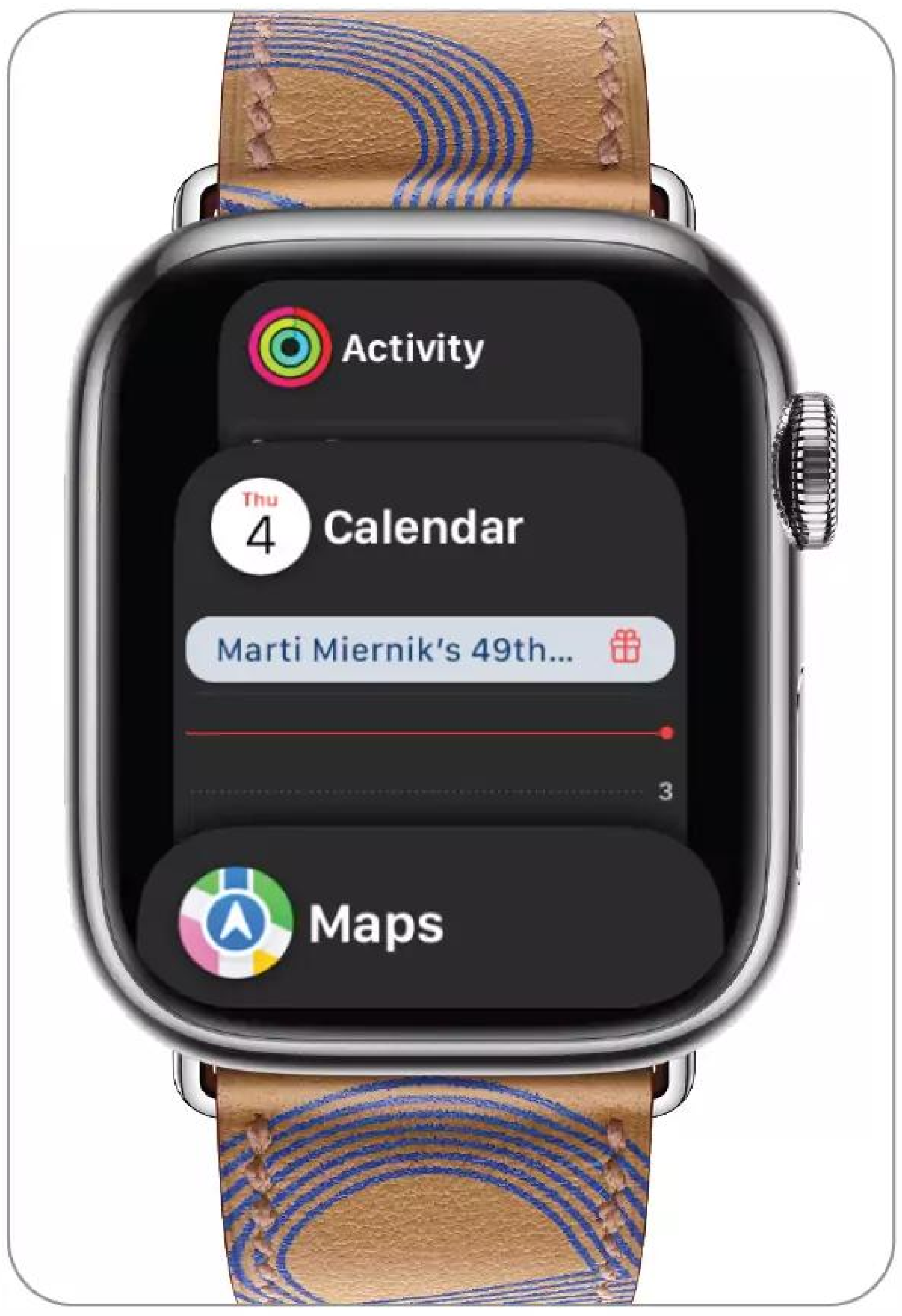
3 Remove apps from the Dock by tapping the minus sign next to them, and add them by tapping their plus signs. You can also reorder Dock apps by dragging them up and down using their three-lines icons.

Using the Dock

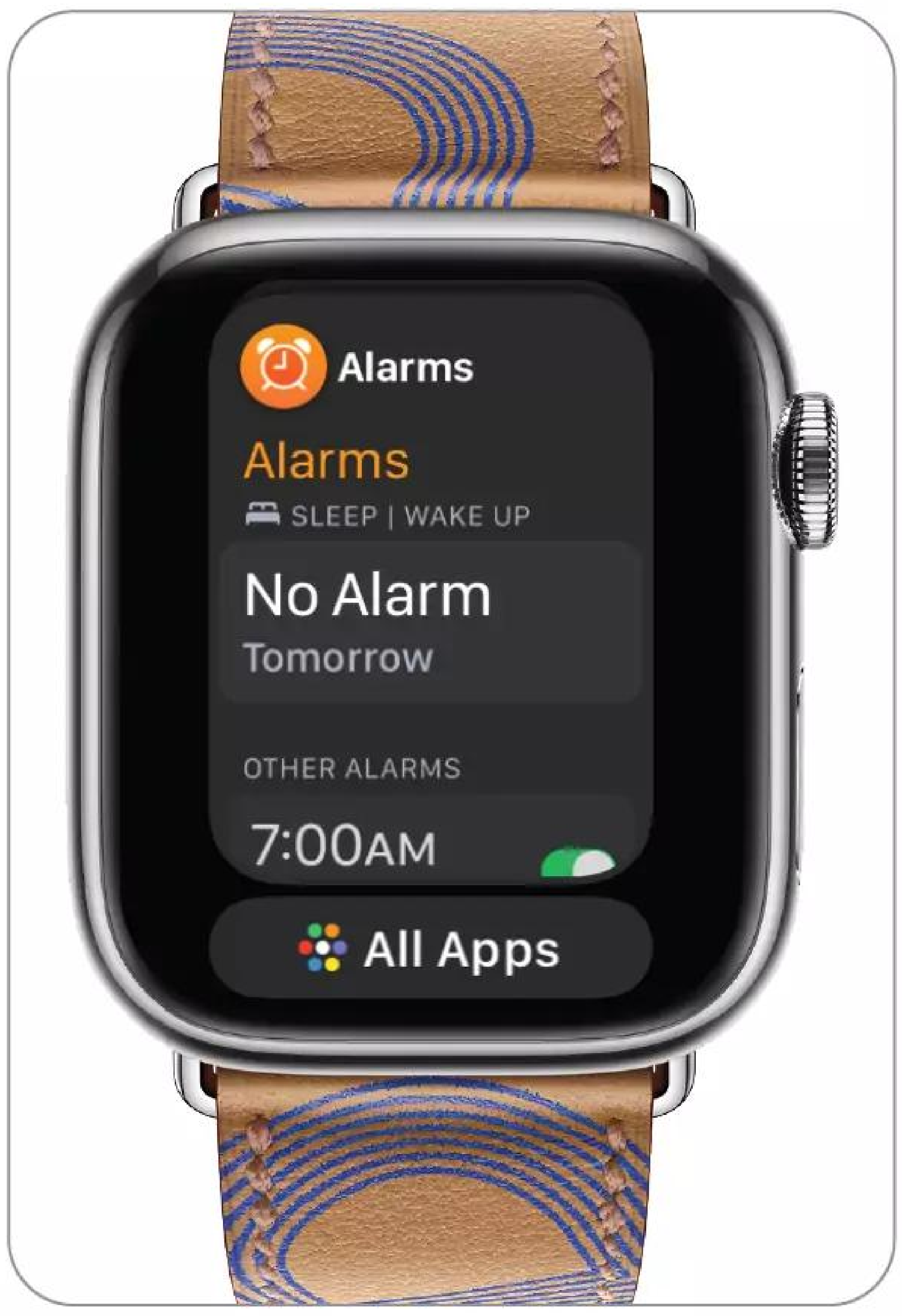
Whether you use the Dock to access apps you've recently used or you've set it up with your favourite apps, it's a great way of getting to your applications quickly and easily. Here's how to use the Apple Watch's Dock.


82
50
10
40
20

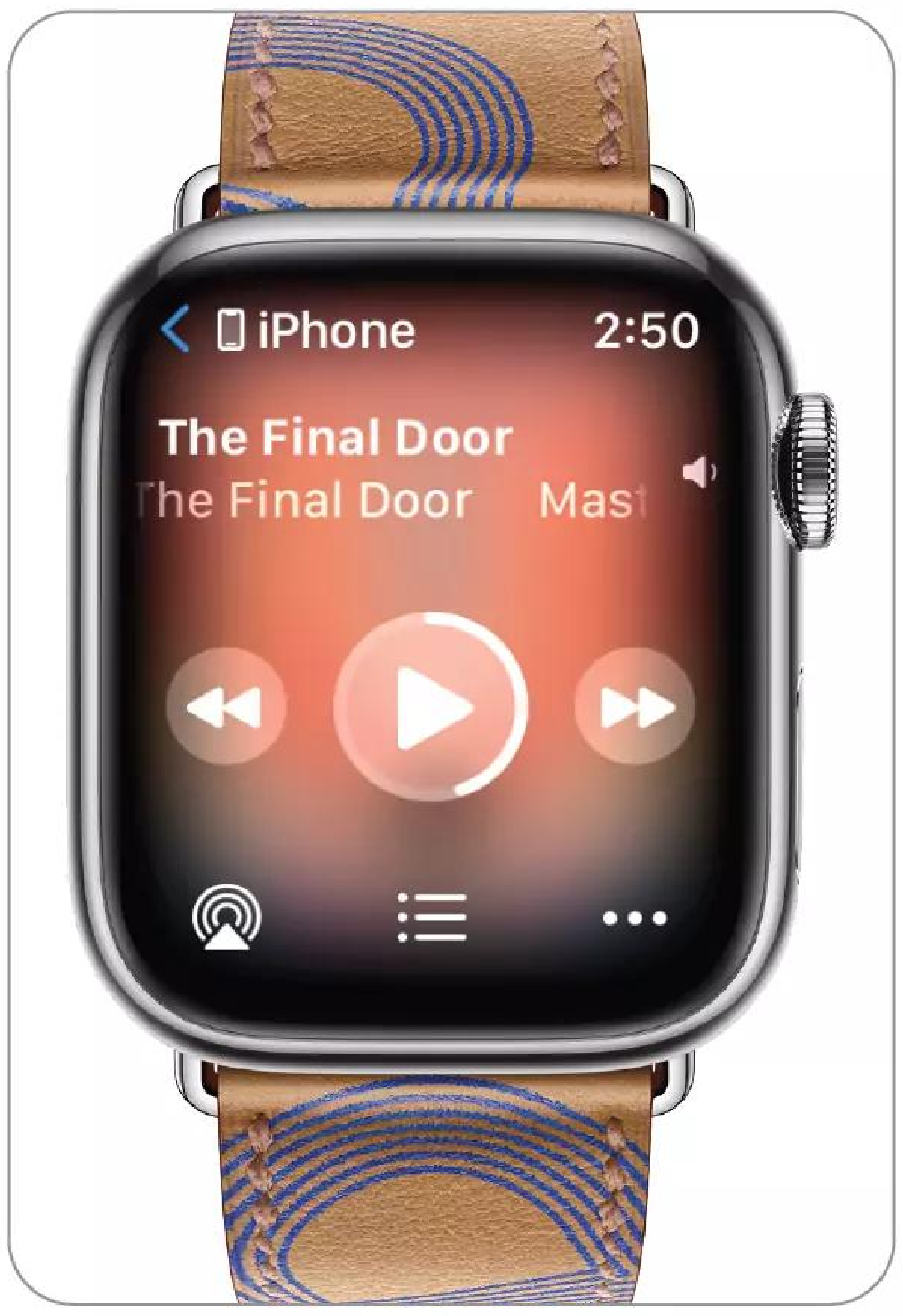
1 To access the Dock on your Apple Watch, press and release the Side Button once. A double press takes you to Apple Pay, and a press-and-hold gives you power and emergency sliders.


Activity
Thu
4
Calendar
Marti Miernik's 49th...
3
Maps

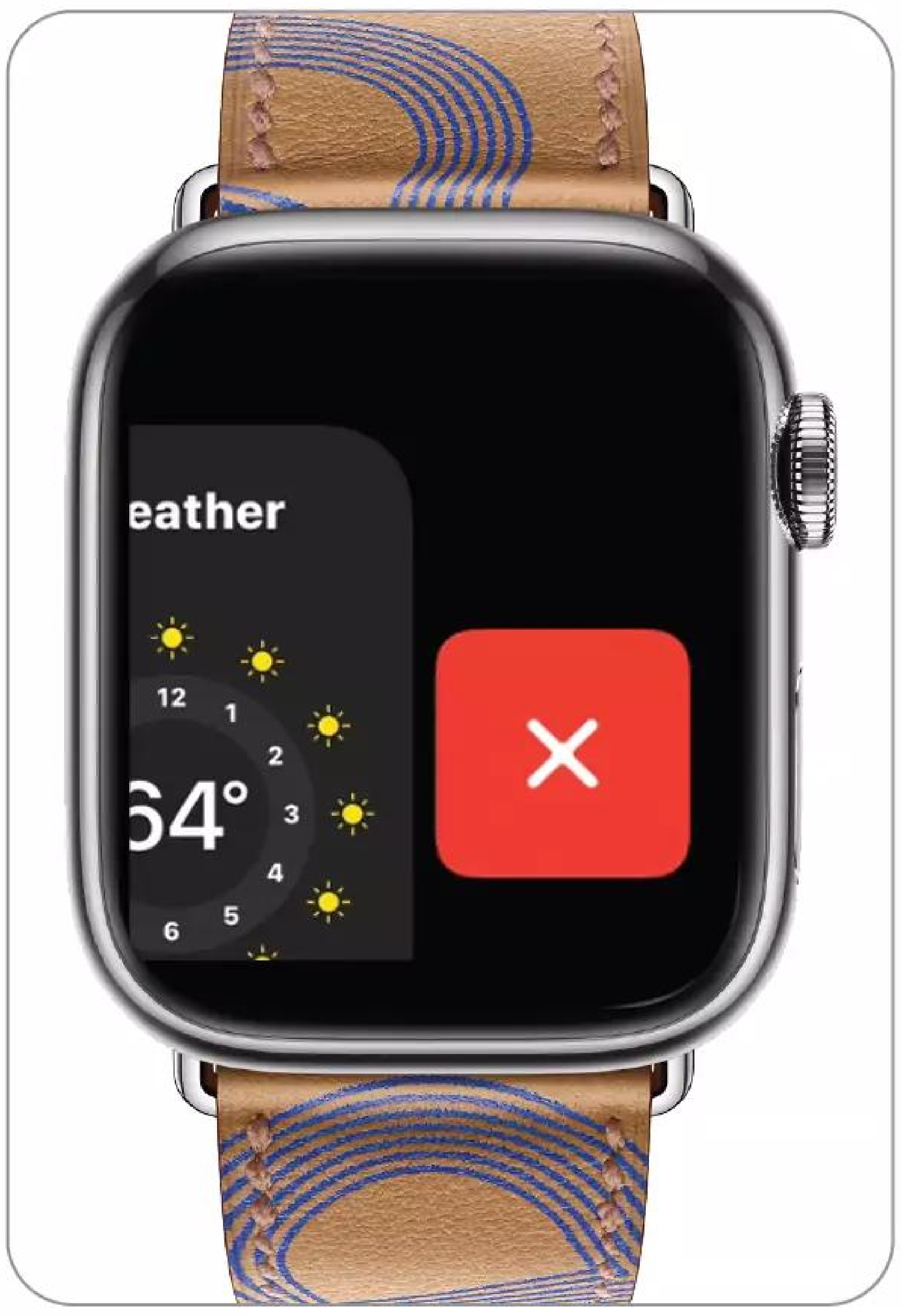
2 Regardless of whether you use Favourites or Recents, you'll see your Dock apps arranged like a card wheel. Using the Digital Crown, scroll up and down to review the apps currently in your Dock.


Alarms
Alarms
SLEEP | WAKE UP
No Alarm
Tomorrow
OTHER ALARMS
7:00AM
All Apps

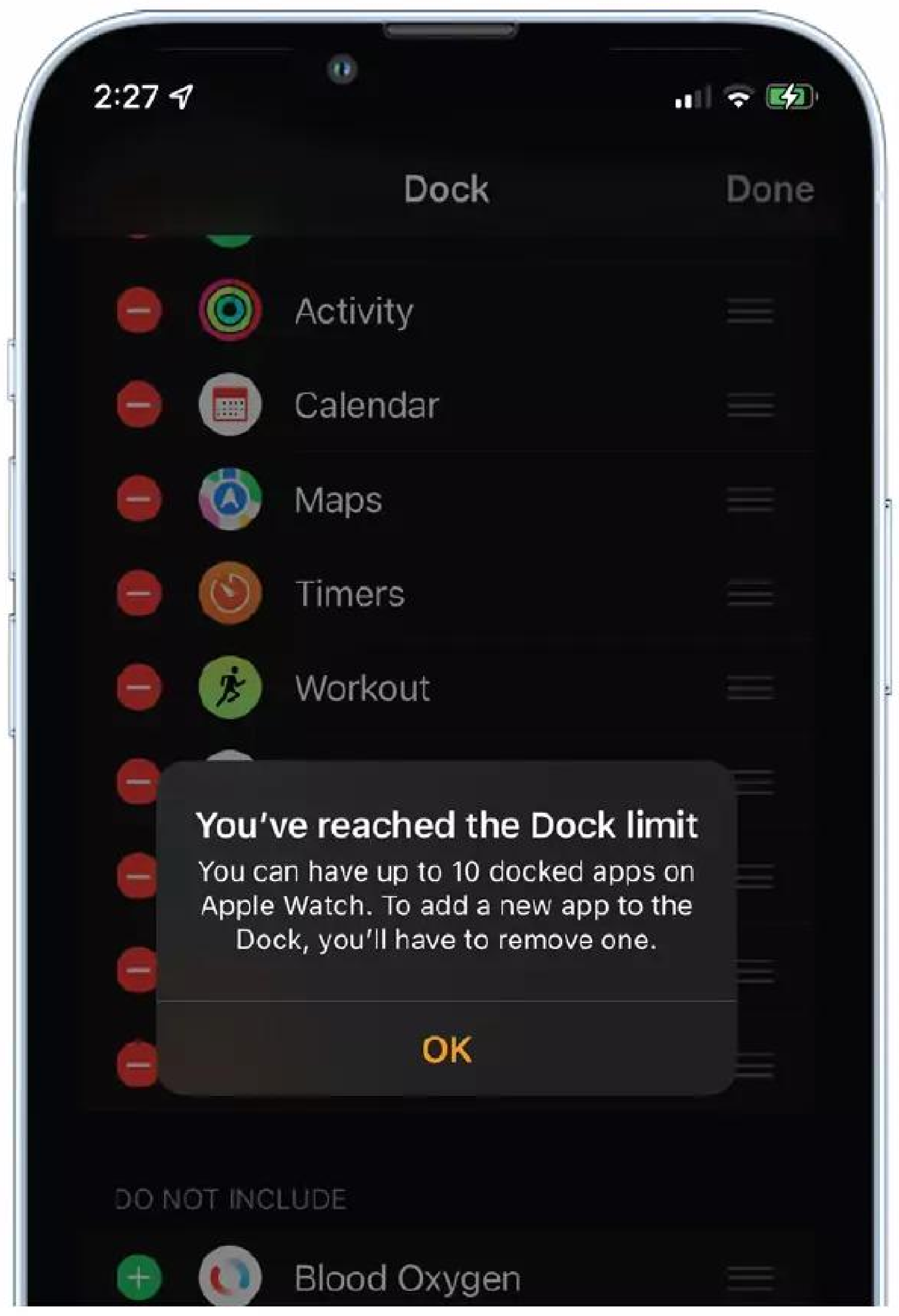
3 If you scroll your Dock apps all the way to the bottom, you'll see this button, marked 'All Apps' and with a small icon representing the app layout. Tap it to get to your App Chooser screen.


iPhone
2:50
The Final Door
The Final Door
Mast

4 To open an app from within your Dock, scroll to the application in question and then tap it on the watch screen. The app opens, just as if you'd tapped and opened it from the App Chooser.


eather
12
1
2
3
4
5
6
64°

5 You can remove an application from the Dock directly from the watch, regardless of whether you use the Favourites or Recents view. Just swipe an app left and tap the 'X' that appears.


2:27
Dock
Done
Activity
Calendar
Maps
Timers
Workout
DO NOT INCLUDE
Blood Oxygen

You've reached the Dock limit

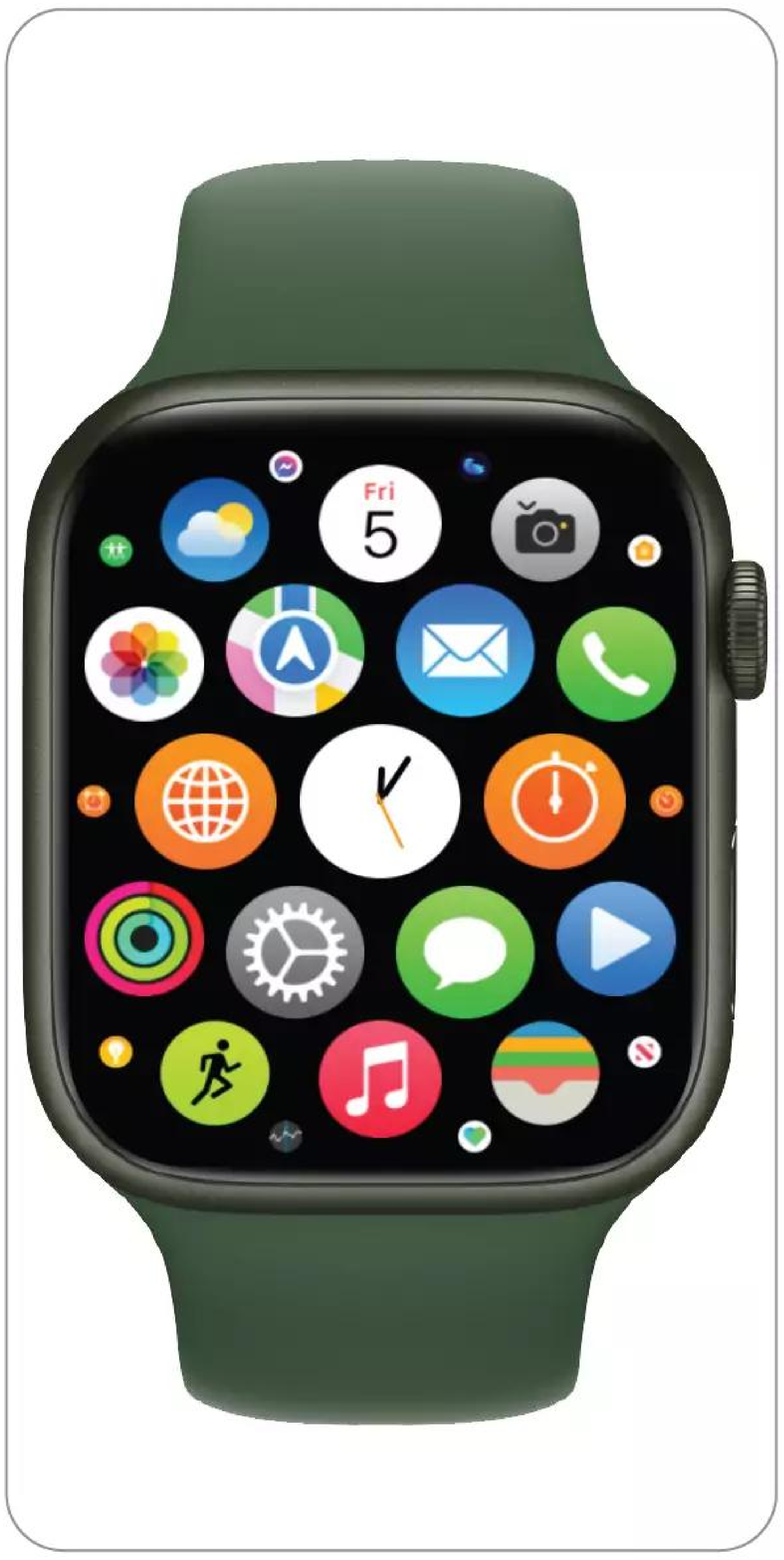
You can have up to 10 docked apps on Apple Watch. To add a new app to the Dock, you'll have to remove one.

OK

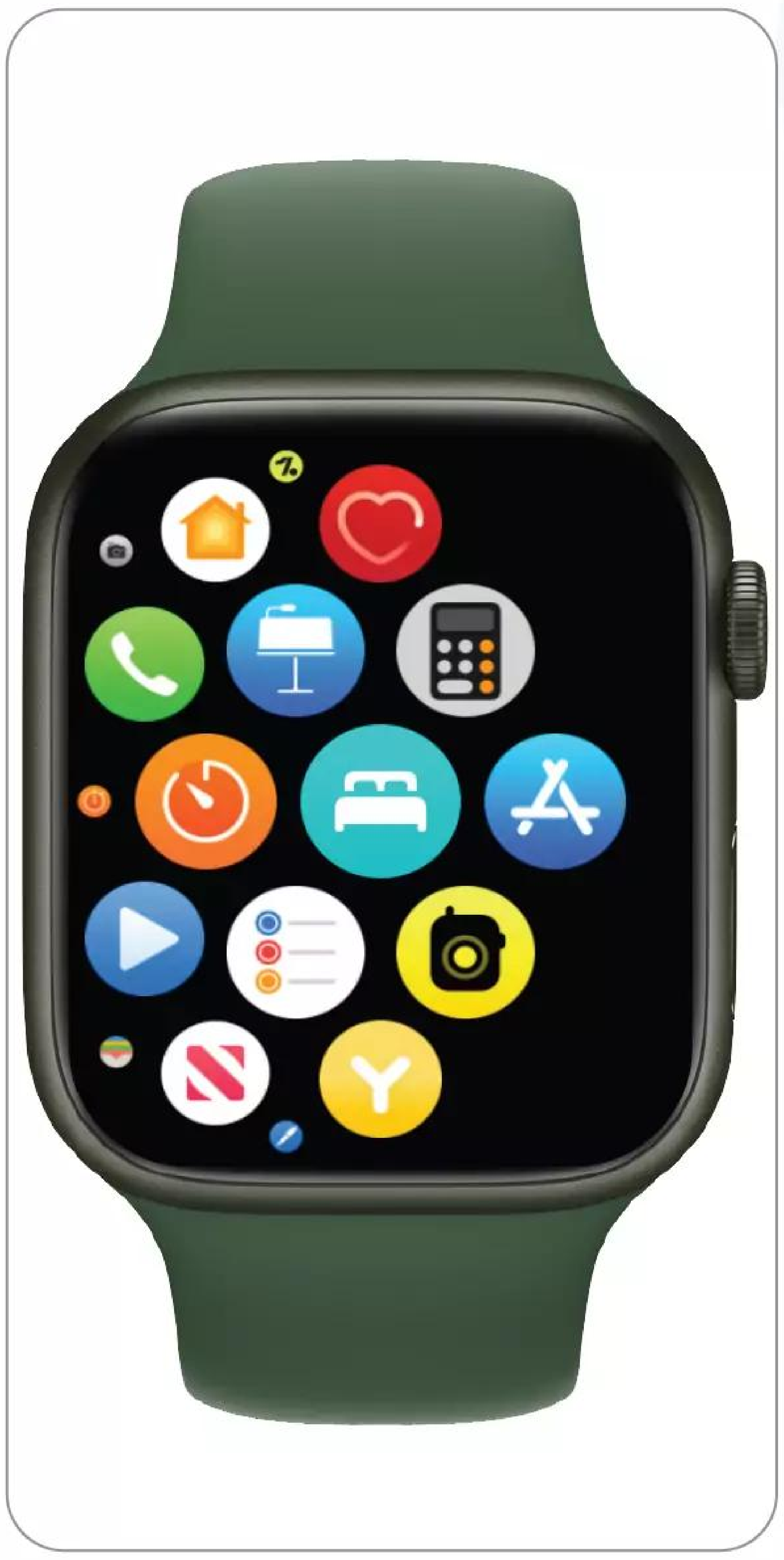
6 When setting up your Dock in Favourites view, there's a limit of ten apps in the Dock. If you try to add an eleventh, you'll get a notice telling you that you must remove apps before adding more.

The Watch's Home Screen

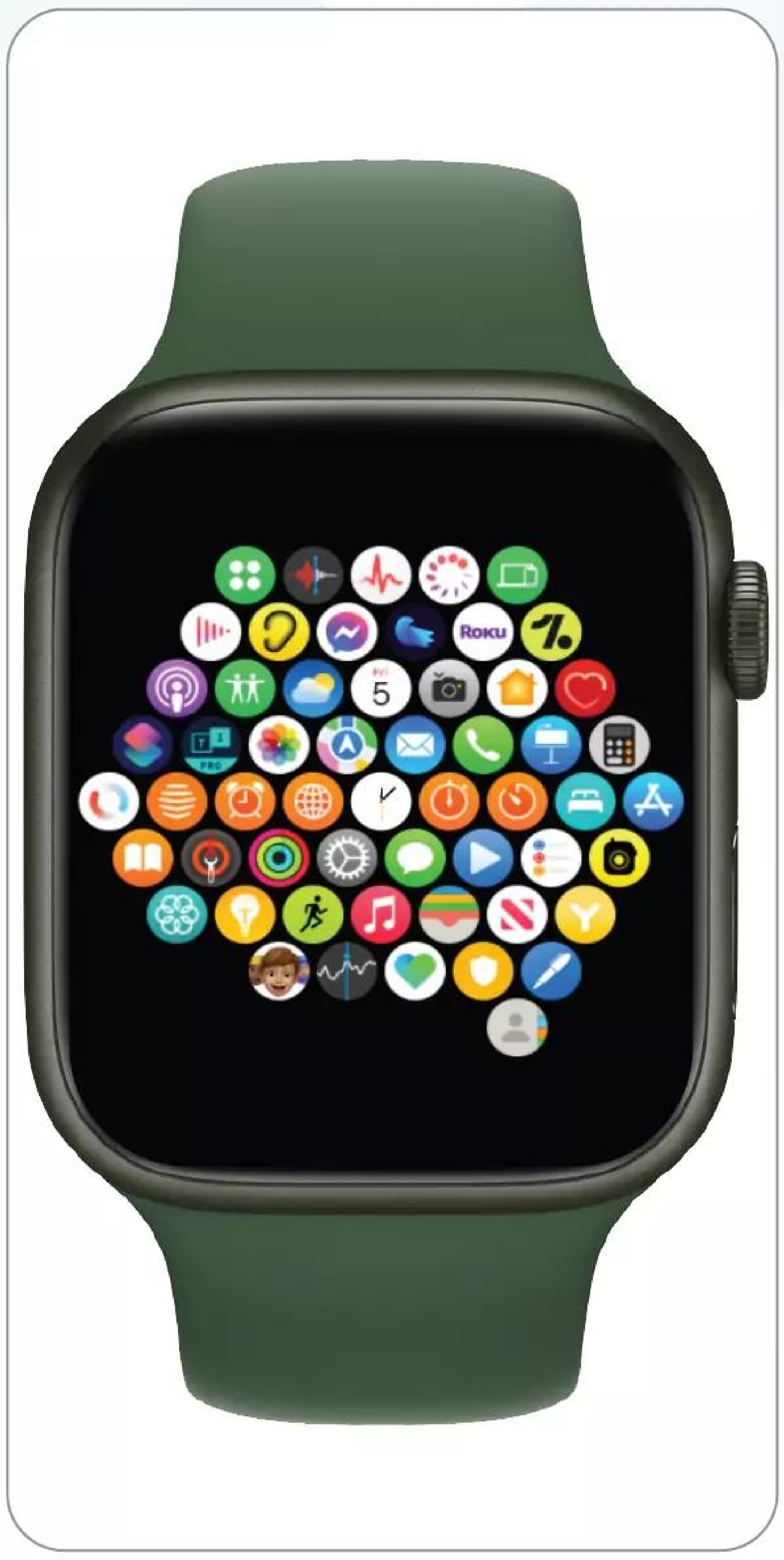
The Home screen, also known as the App Switcher, is at the heart of your Apple Watch. It's from here you can launch your watch's built-in and third-party apps, and rearrange the order in which they appear. You can set your Home screen in Grid View or List View, and also delete Apple Watch apps directly from the App Switcher. Here's how to use and customise it.



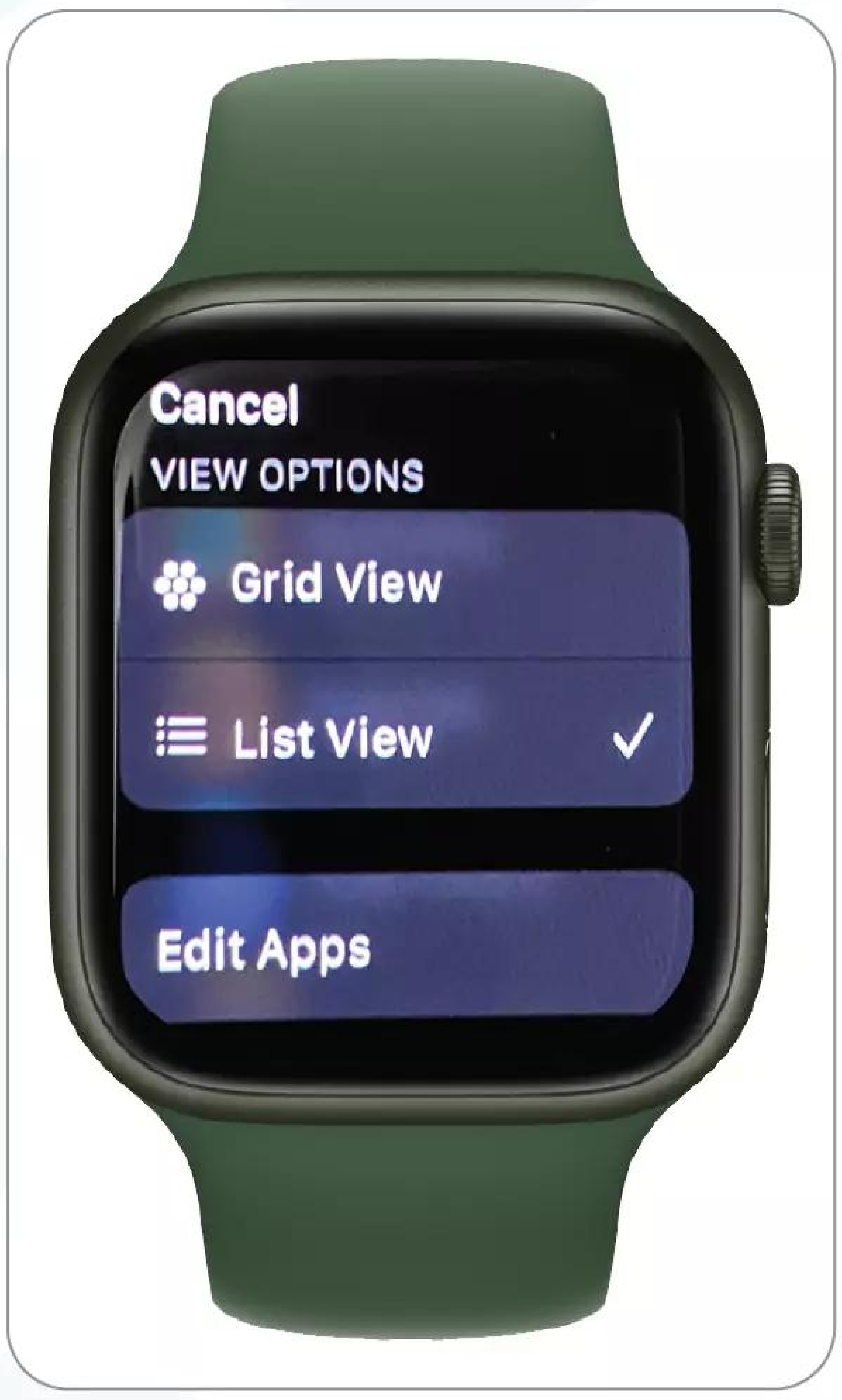
1 Opening your Apple Watch's App Switcher couldn't be easier. Just press the Digital Crown button and you're taken straight there. You can then drag the app icons around the screen with your finger, which lets you look for the icon representing the app you wish to open.

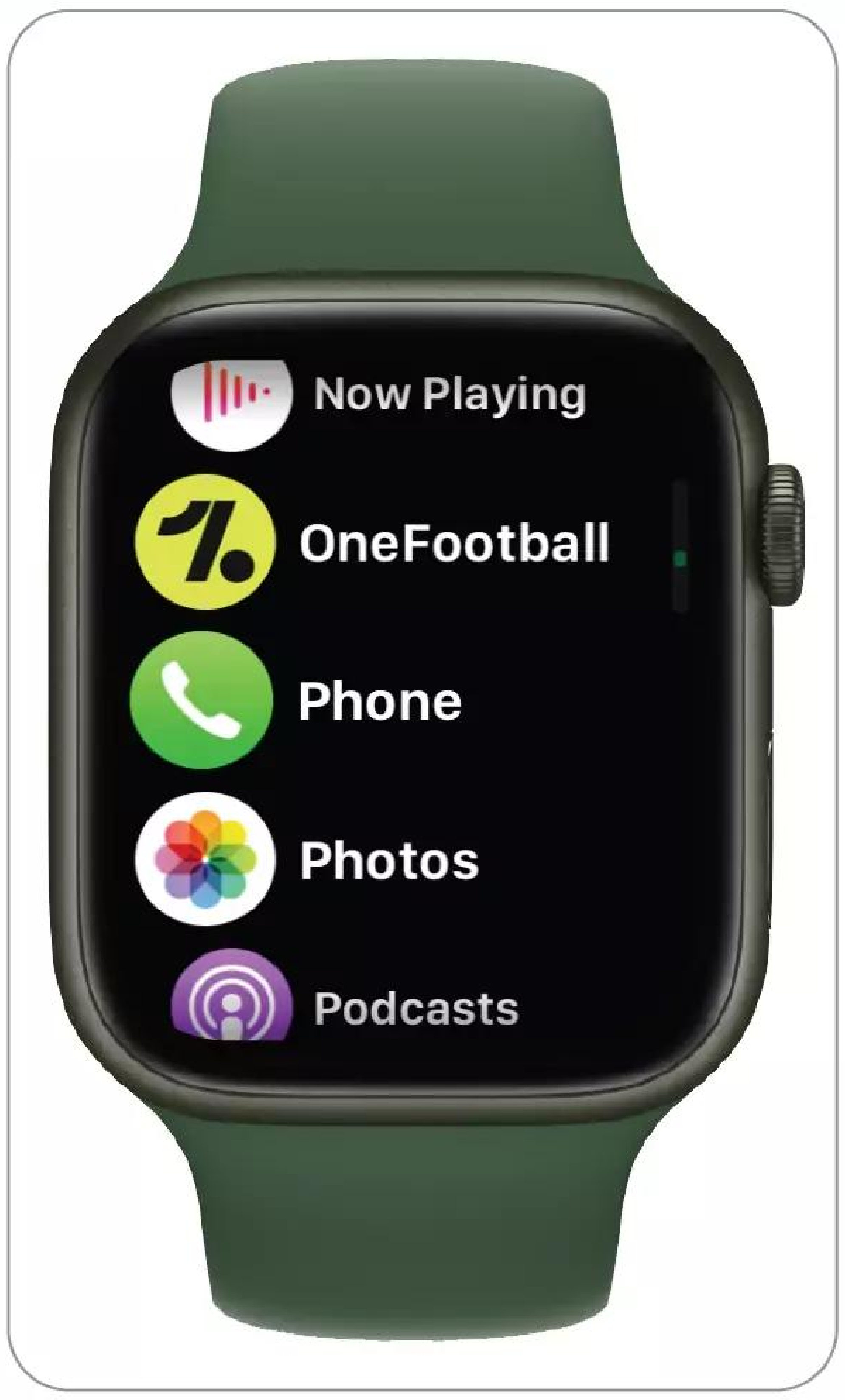


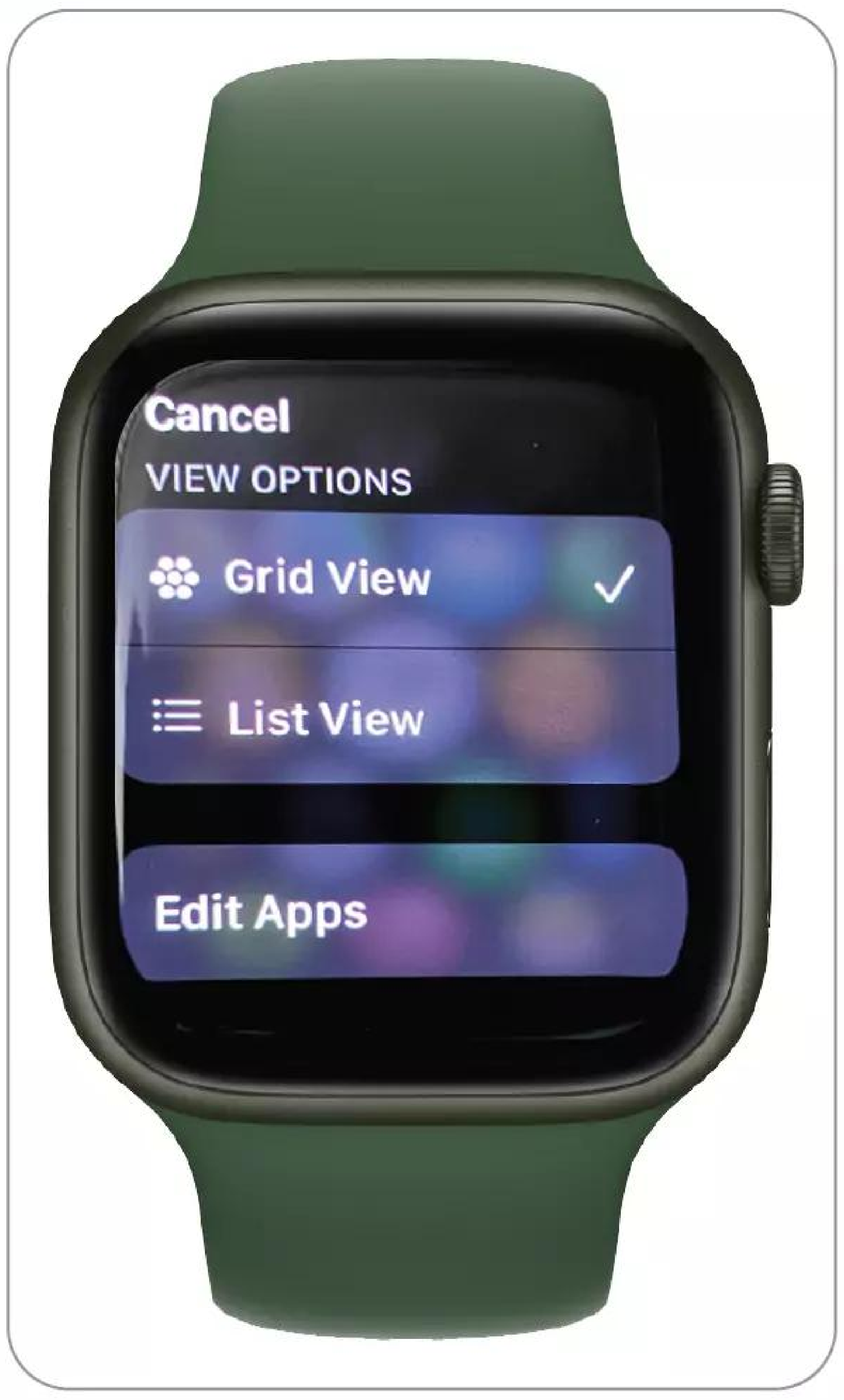
2 When you have brought the application you wish to open into view, simply tap on its icon to launch it. To close it again and get back to the App Switcher screen, press the Digital Crown once more. From the Home screen, press the Digital Crown again to get back to the watch face.



3 You can zoom in and out of the App Launcher using the Digital Crown. On the App Switcher screen turn the Digital Crown towards you to zoom out until the apps are tiny, or away from you to zoom in; ultimately opening the app that's in the centre of the screen at the time.


Cancel
VIEW OPTIONS
Grid View
List View ✓
Edit Apps

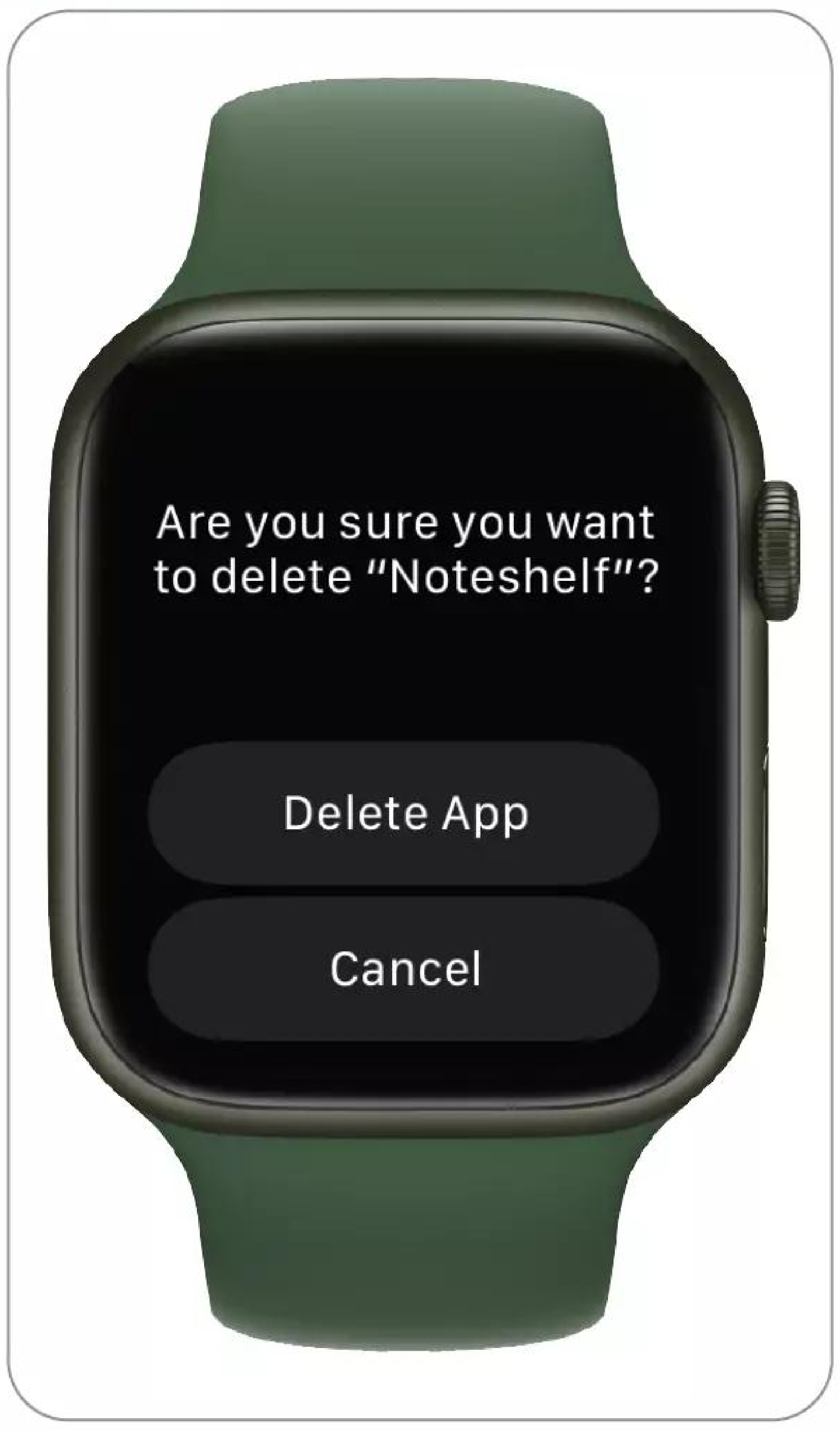

Now Playing
OneFootball
Phone
Photos
Podcasts


Cancel
VIEW OPTIONS
Grid View ✓
List View
Edit Apps

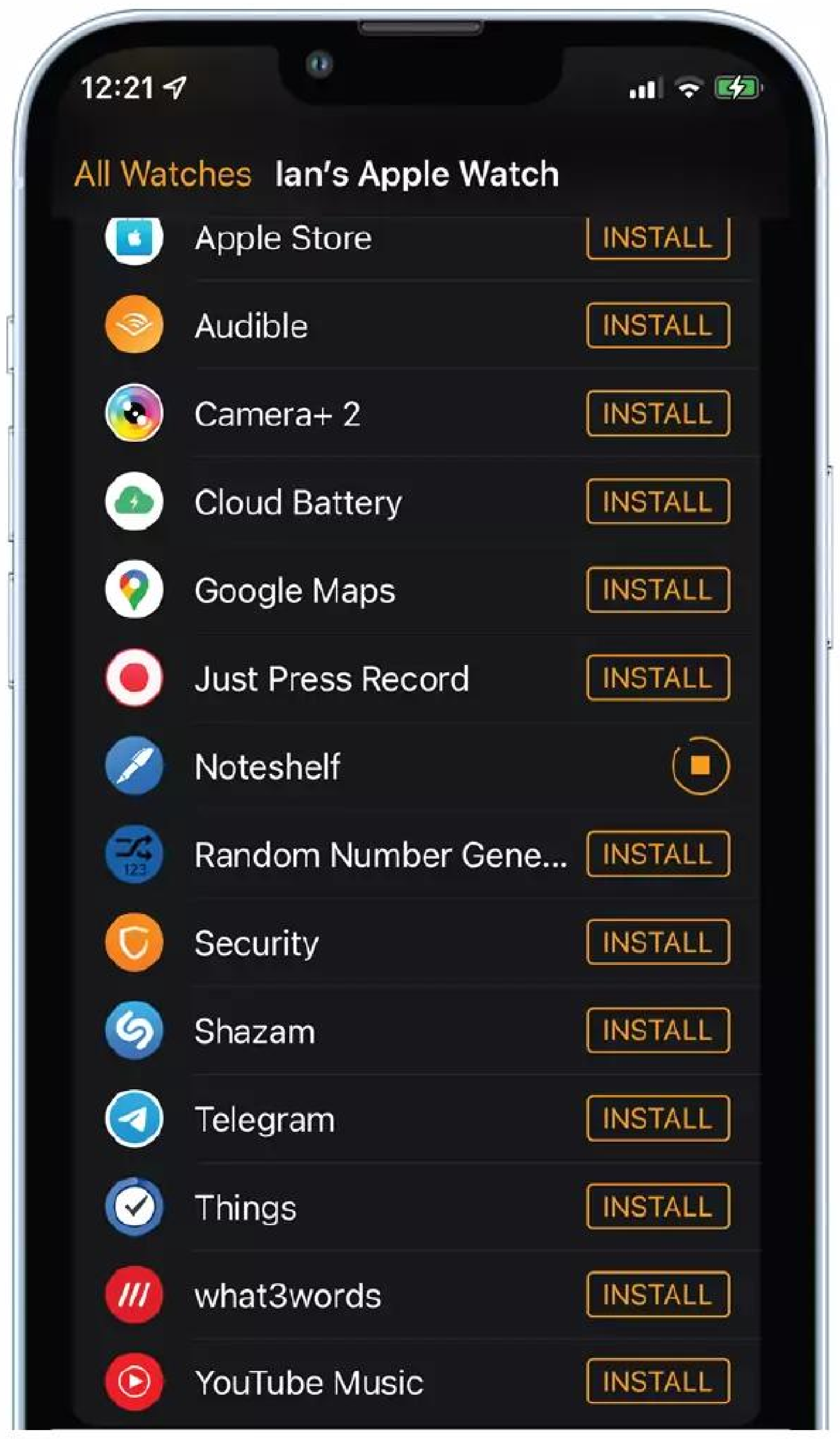
4 Tap and hold the Home screen and you get a list of three options; you can switch between the Home screen's default Grid view and a List view, and you can opt to edit your Home screen.

5 If you use your Home screen in List view, you can scroll up and down the list of applications using the Digital Crown. The apps are listed in alphabetical order, so it's easy to find the one you want.

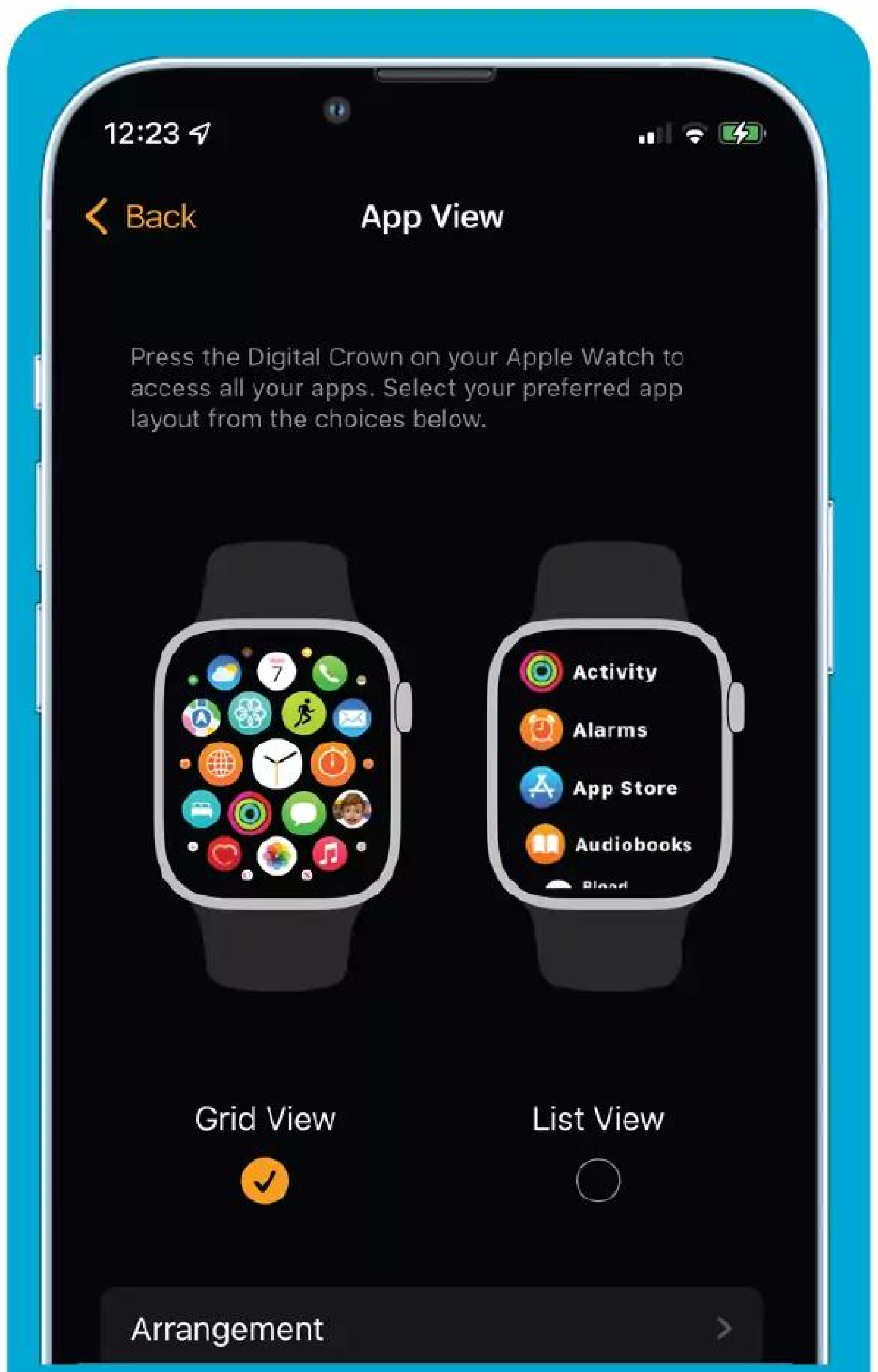
6 If you want to delete some apps from your Apple Watch, first of all, tap and hold the Home screen (whether in Grid or List view). From the screen that pops up, select the final option, Edit Apps.


Are you sure you want to delete "Noteshelf"?
Delete App
Cancel

7 After selecting Edit Apps, the Home screen appears, with some apps showing an 'X'. To delete an app, tap it and you're invited to Delete App or Cancel. Only apps showing an 'X' can be deleted.


12:21
All Watches
Ian's Apple Watch
Apple Store INSTALL
Audible INSTALL
Camera+ 2 INSTALL
Cloud Battery INSTALL
Google Maps INSTALL
Just Press Record INSTALL
Noteshelf
Random Number Gene... INSTALL
Security INSTALL
Shazam INSTALL
Telegram INSTALL
Things INSTALL
what3words INSTALL
YouTube Music INSTALL

8 In your iPhone's Watch app, if you want to reinstall an app you've deleted, open the My Watch tab and scroll down to the apps that aren't installed. Find the one you want and tap its Install button.


Press the Digital Crown on your Apple Watch to access all your apps. Select your preferred app layout from the choices below.
12:23
Back
App View
Activity
Alarms
App Store
Audiobooks
Grid View
List View
Arrangement

9 You might also find it easier to configure your Home screen on the iPhone's Watch app. In the My Watch tab, tap App View and choose Grid or List View. In Grid View, tap Arrangement and you can tap and hold an app icon, and drag it into a new position in the grid.

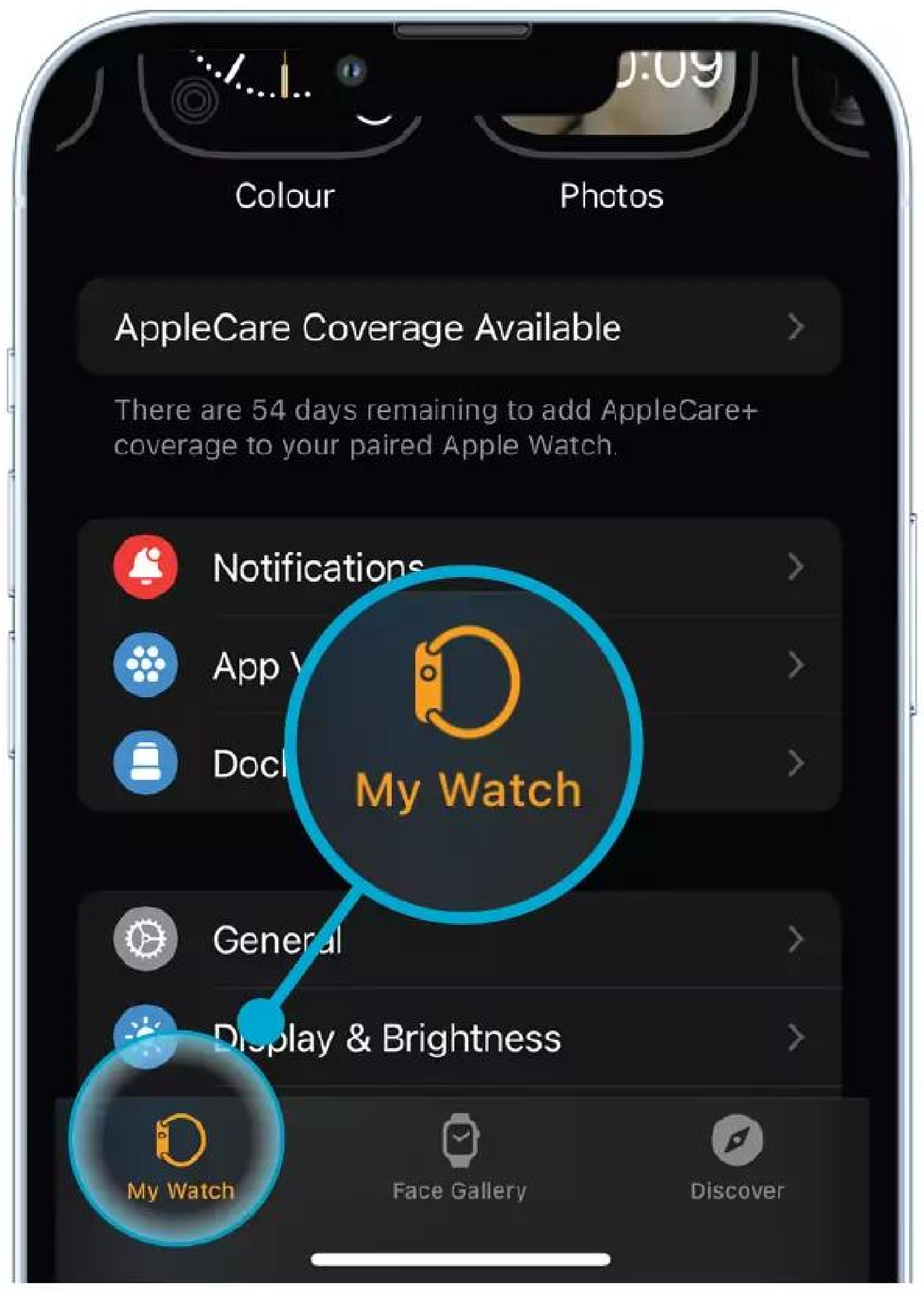
Using the iPhone's Watch App

The Watch app on your iPhone is an essential part of your Apple Watch experience. You use it to set up and configure your Apple Watch, change its settings and generally customise it to suit your needs. Some of the settings and options are self explanatory, so here we'll give an overview of the more complex ones. Don't be afraid to experiment, and above all, have fun.

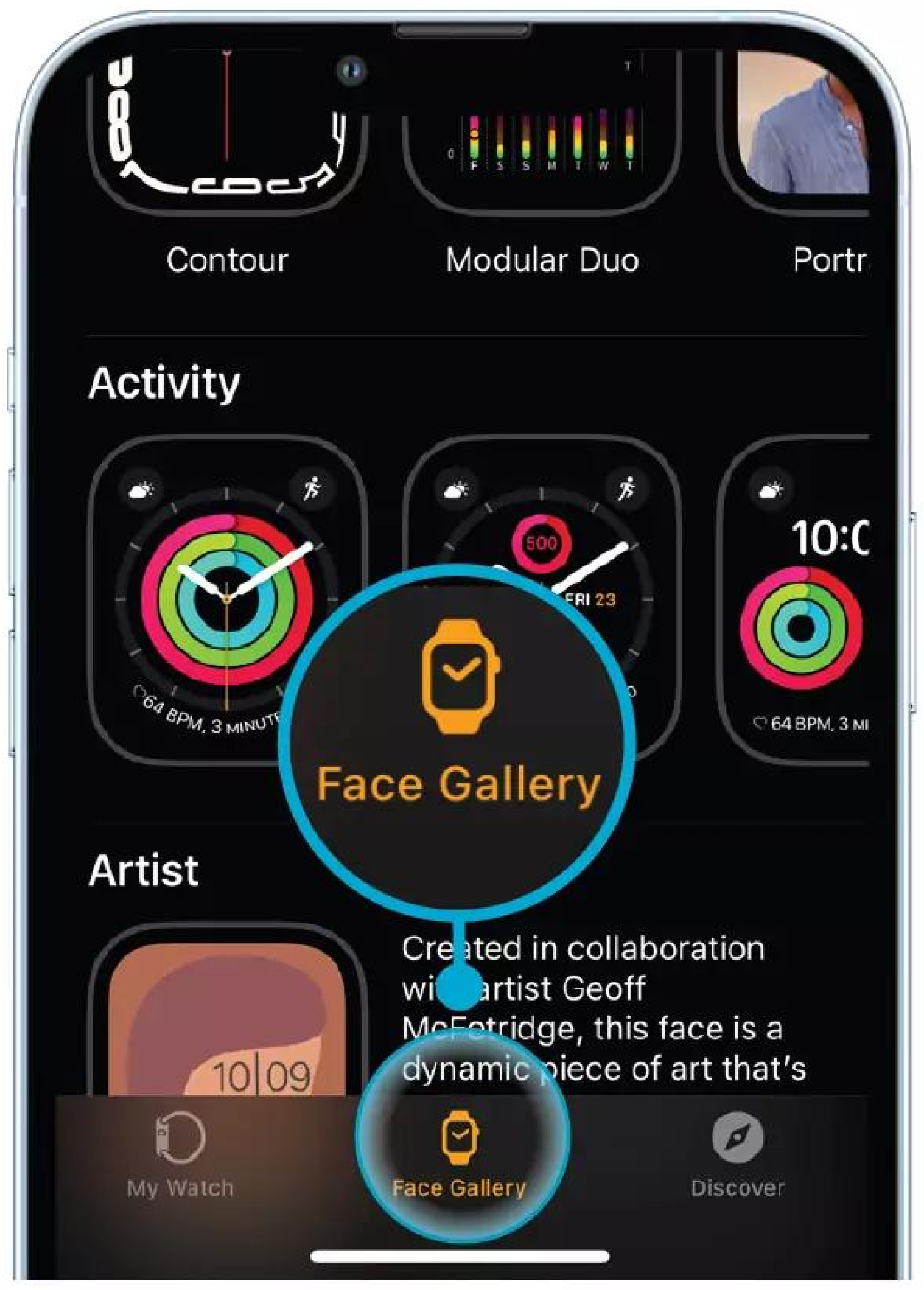
The Three Tabs

Along the foot of the screen there are three tabs; My Watch, Face Gallery and Discover. Most of the settings and options you need to know about are in the My Watch section, found in the bottom-left corner.

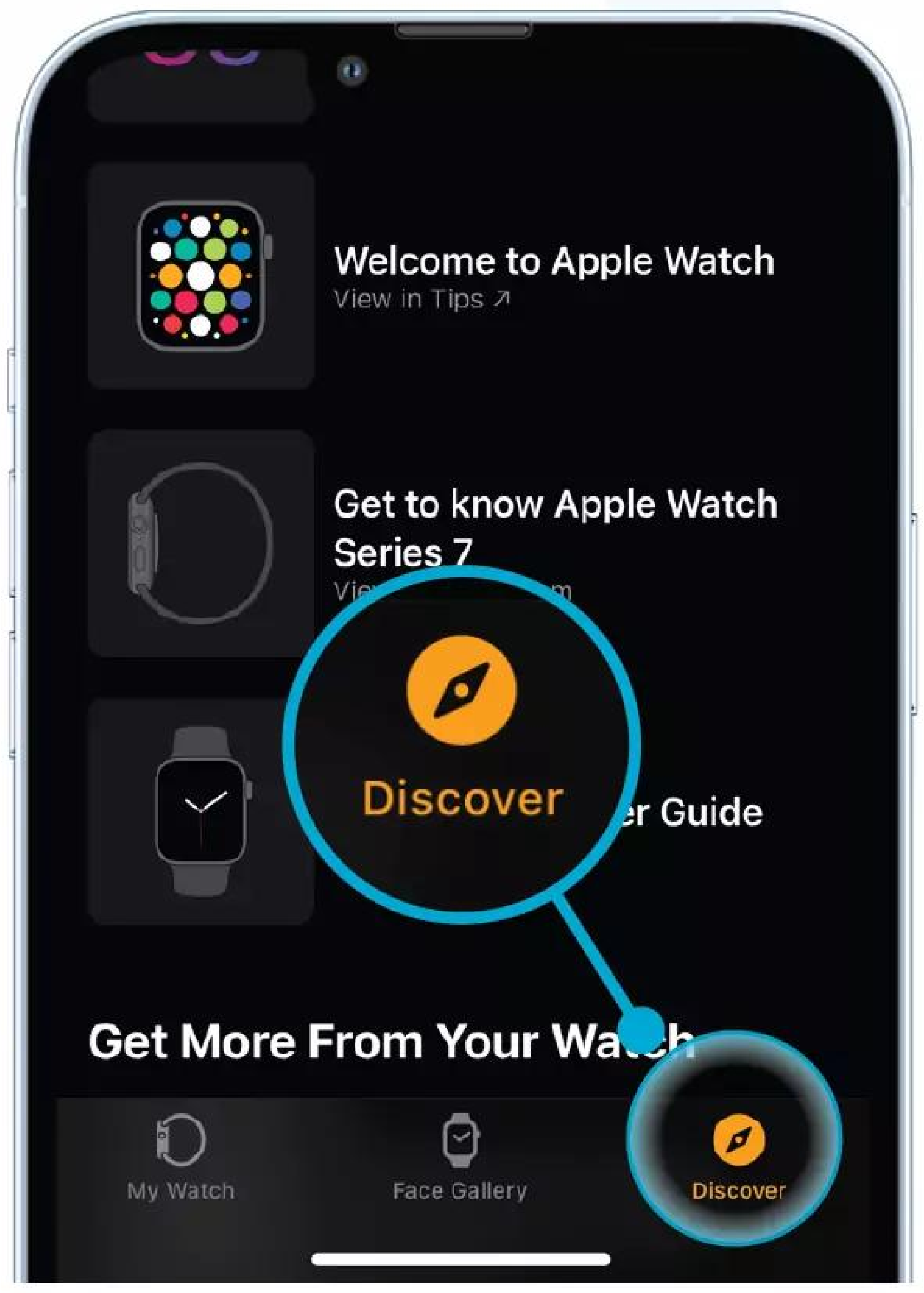
My Watch


Colour
Photos
AppleCare Coverage Available
There are 54 days remaining to add AppleCare+ coverage to your paired Apple Watch
Notifications
App
Doc
General
Display & Brightness
My Watch
My Watch
Face Gallery
Discover

Face Gallery


Contour
Modular Duo
Portr
Activity
Artist
Created in collaboration with artist Geoff McFetridge, this face is a dynamic piece of art that's
Face Gallery
My Watch
Face Gallery
Discover

Discover


Welcome to Apple Watch
View in Tips
Get to know Apple Watch Series 7
Guide
Discover
Get More From Your Watch
My Watch
Face Gallery
Discover

My Watch is the heart of the Watch app, and it's here you change its settings and configure its various features. As well as the watch's core functions, you can also edit your watch faces, configure the preinstalled apps and also install third-party apps on your Apple Watch.

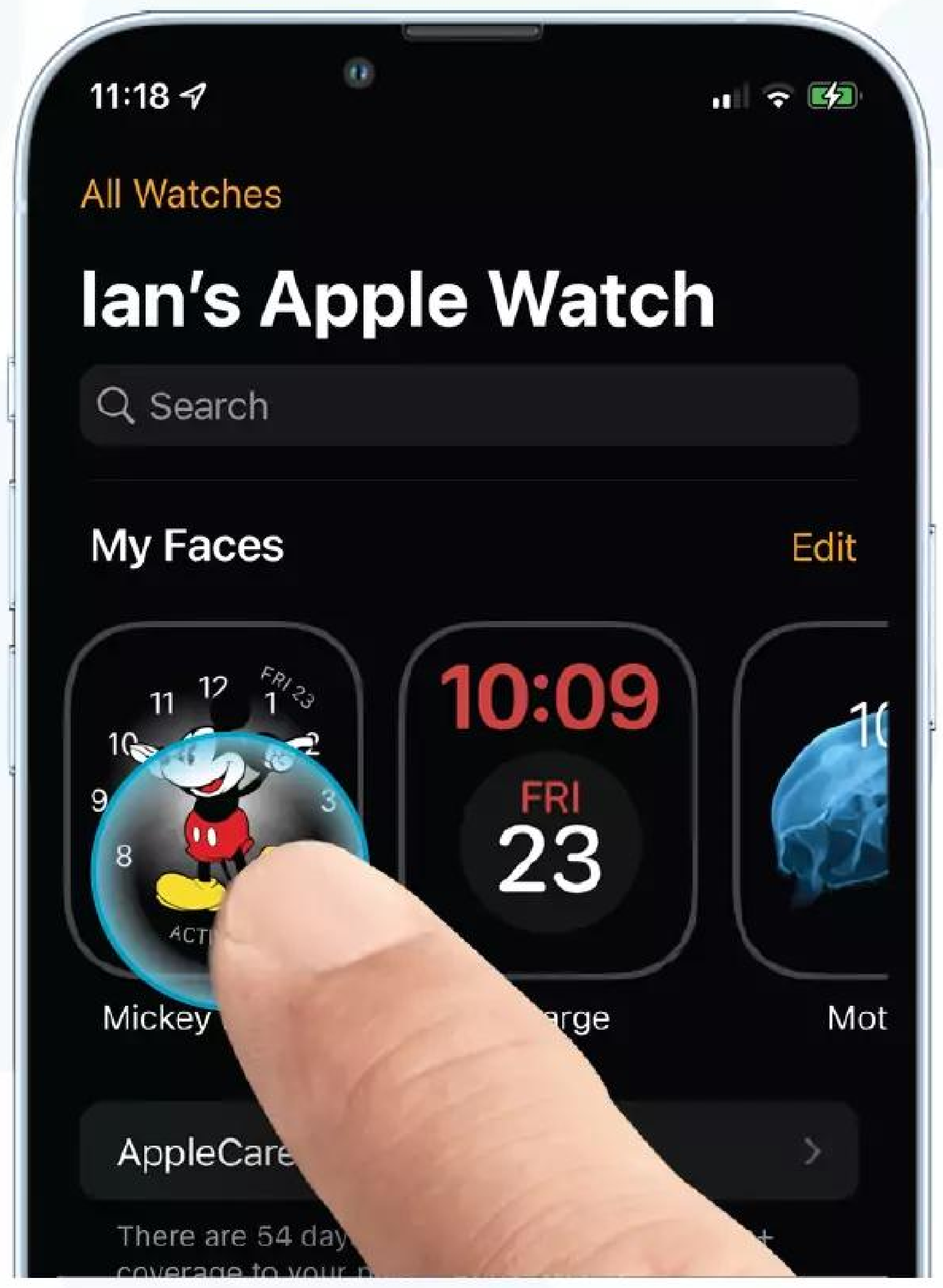
Here you can review all the watch faces currently available for your Apple Watch. Tap one and configure it, then tap the Add button at the top of its screen to add it to the range of faces you can use on your watch. It's easier than creating faces on the watch itself.

The Discover section of the Apple Watch app offers tips on how to use your watch. Tap one of the guides, and it opens. Some open in the Tips app, some in Safari and the Explore Watch Apps option opens in the App Store, showing you apps available for your watch.

The My Watch Tab

The rest of this tutorial investigates and explains the various options and configurations available through the app's My Watch tab, which is accessed by tapping the icon in the bottom-left corner.

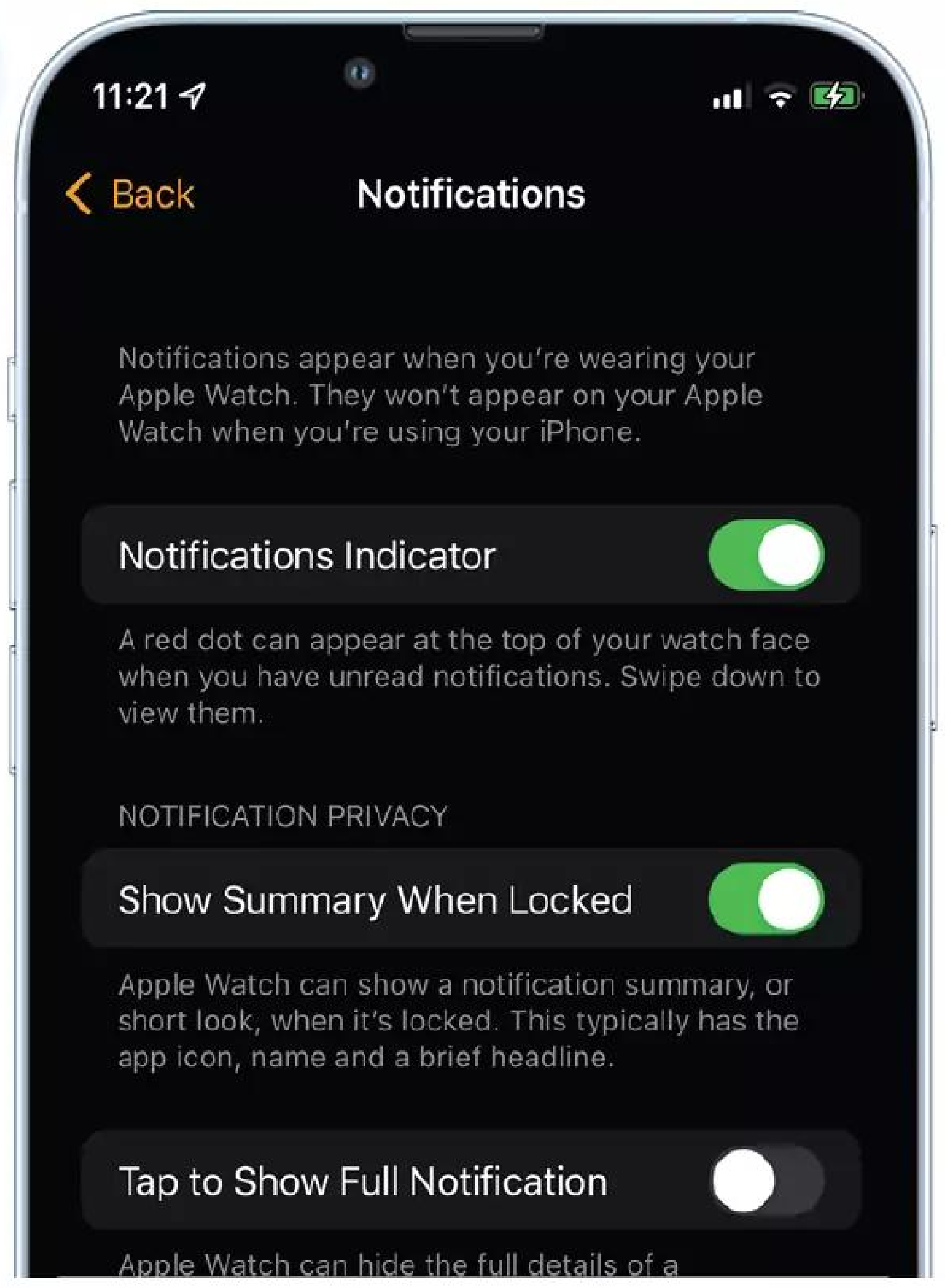
My Faces



There are 54 day
coverage to your

These are the watch faces you currently have set up. Tap one of them and you can edit and configure it, or change its complications. Tap the Edit link and you can reorder or delete them.

Notifications



Notifications appear when you're wearing your Apple Watch. They won't appear on your Apple Watch when you're using your iPhone.

Notifications Indicator ●

A red dot can appear at the top of your watch face when you have unread notifications. Swipe down to view them.

NOTIFICATION PRIVACY

Show Summary When Locked ●

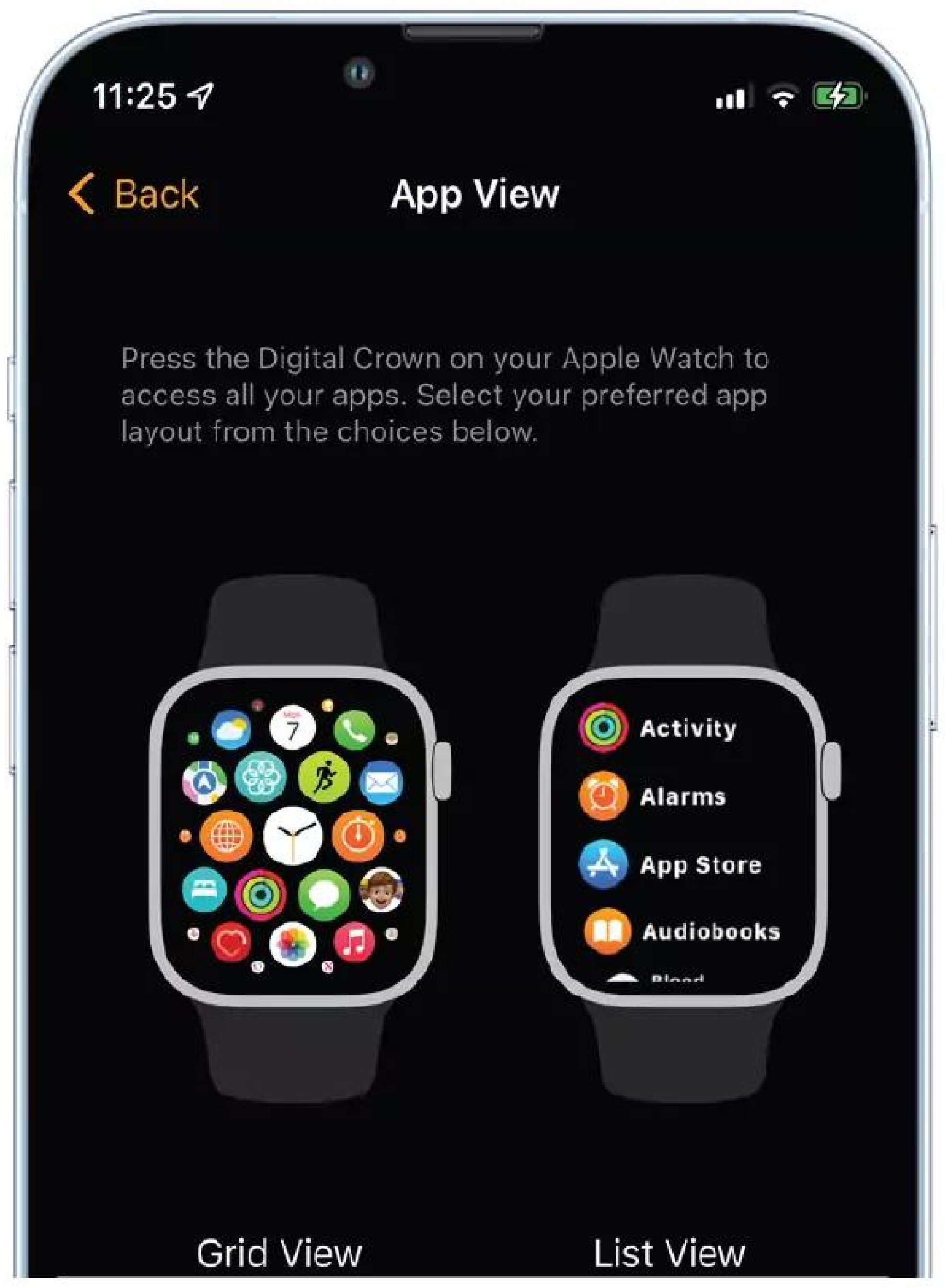
Apple Watch can show a notification summary, or short look, when it's locked. This typically has the app icon, name and a brief headline.

Tap to Show Full Notification ○

Apple Watch can hide the full details of a

Under Notifications you can make configurations, including turning off the red dot indicating a notification has arrived. You can configure app notifications on a per-app basis too.

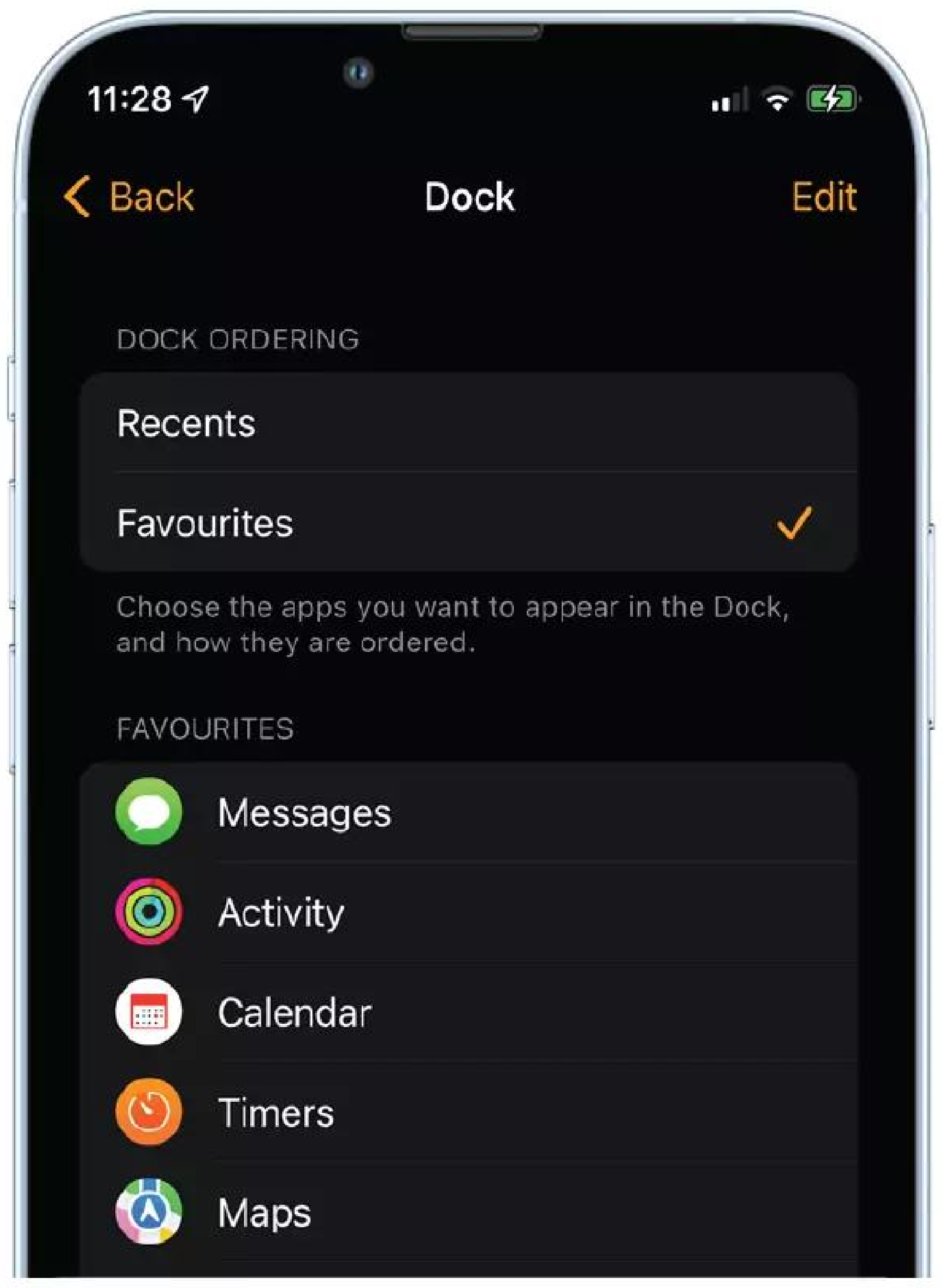
App View



Press the Digital Crown on your Apple Watch to access all your apps. Select your preferred app layout from the choices below.

You can change the way apps are arranged on your Apple Watch. By default they're in Grid View, but you can change this to a List View. Tap Arrange to reorder the Grid View.

Dock



DOCK ORDERING

Recents

Favourites ✓

Choose the apps you want to appear in the Dock, and how they are ordered.

FAVOURITES

Messages

Activity

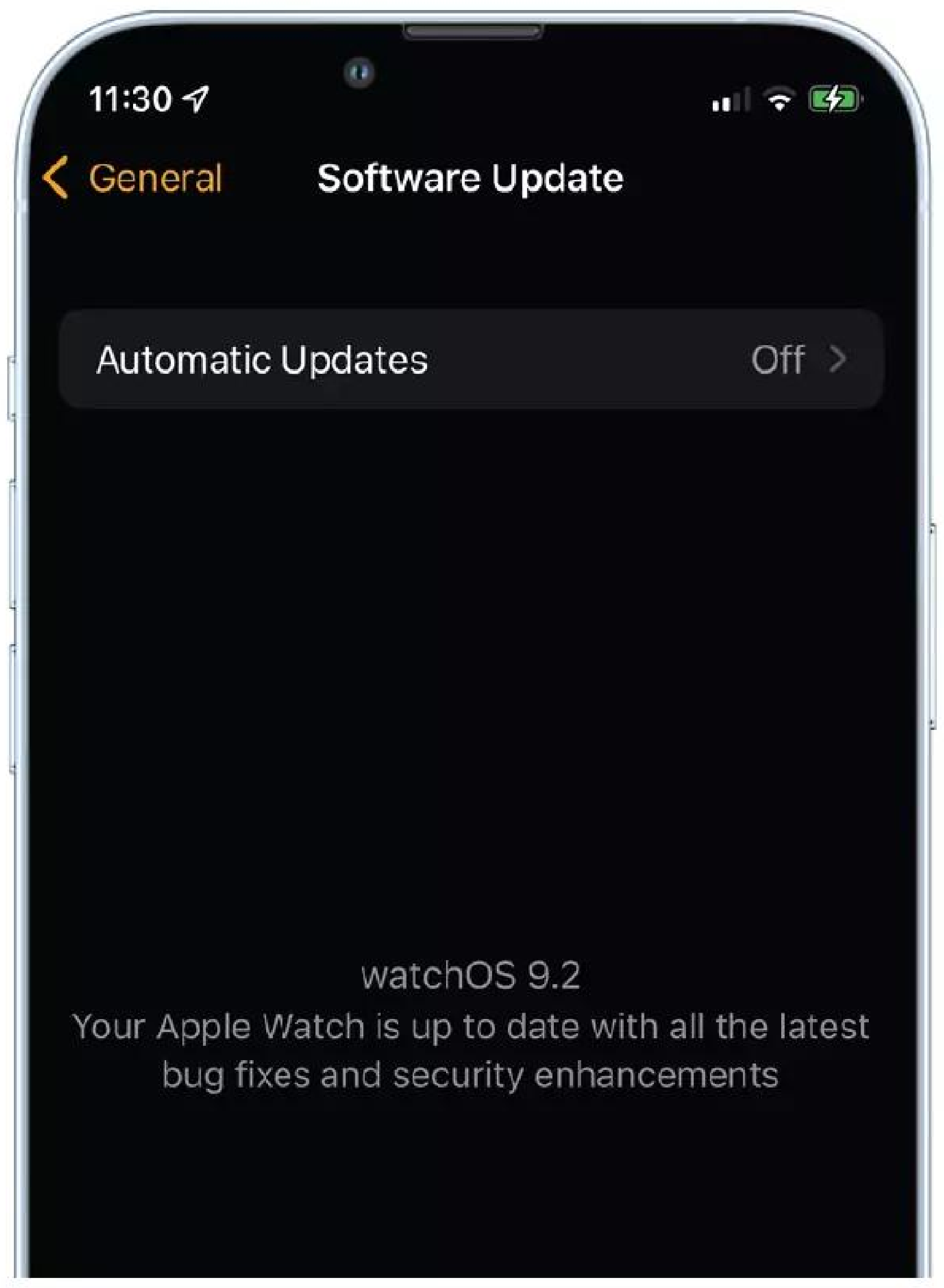
Calendar

Timers

Maps

You can set up your Dock to show most recently-used apps, in the order they were used, or you can keep your favourite apps in there. Tap Edit to reorder and add or remove favourites.

Software Update

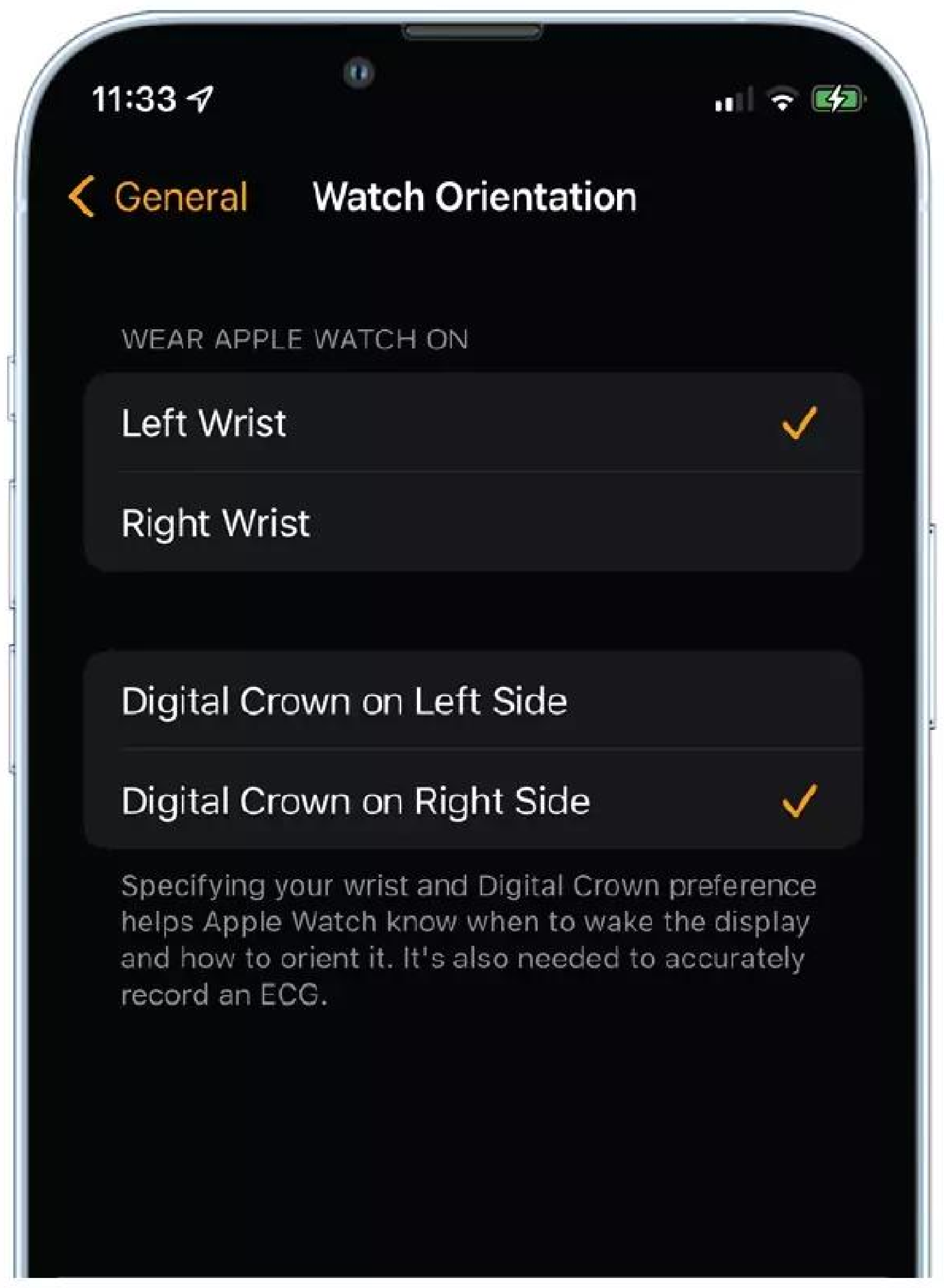


Automatic Updates Off

watchOS 9.2
Your Apple Watch is up to date with all the latest bug fixes and security enhancements

In General > Software Update, you can check to see if there's an update to watchOS you can install on your watch. You can also opt to download updates automatically, instead of checking.

Watch Orientation



WEAR APPLE WATCH ON

Left Wrist ✓

Right Wrist

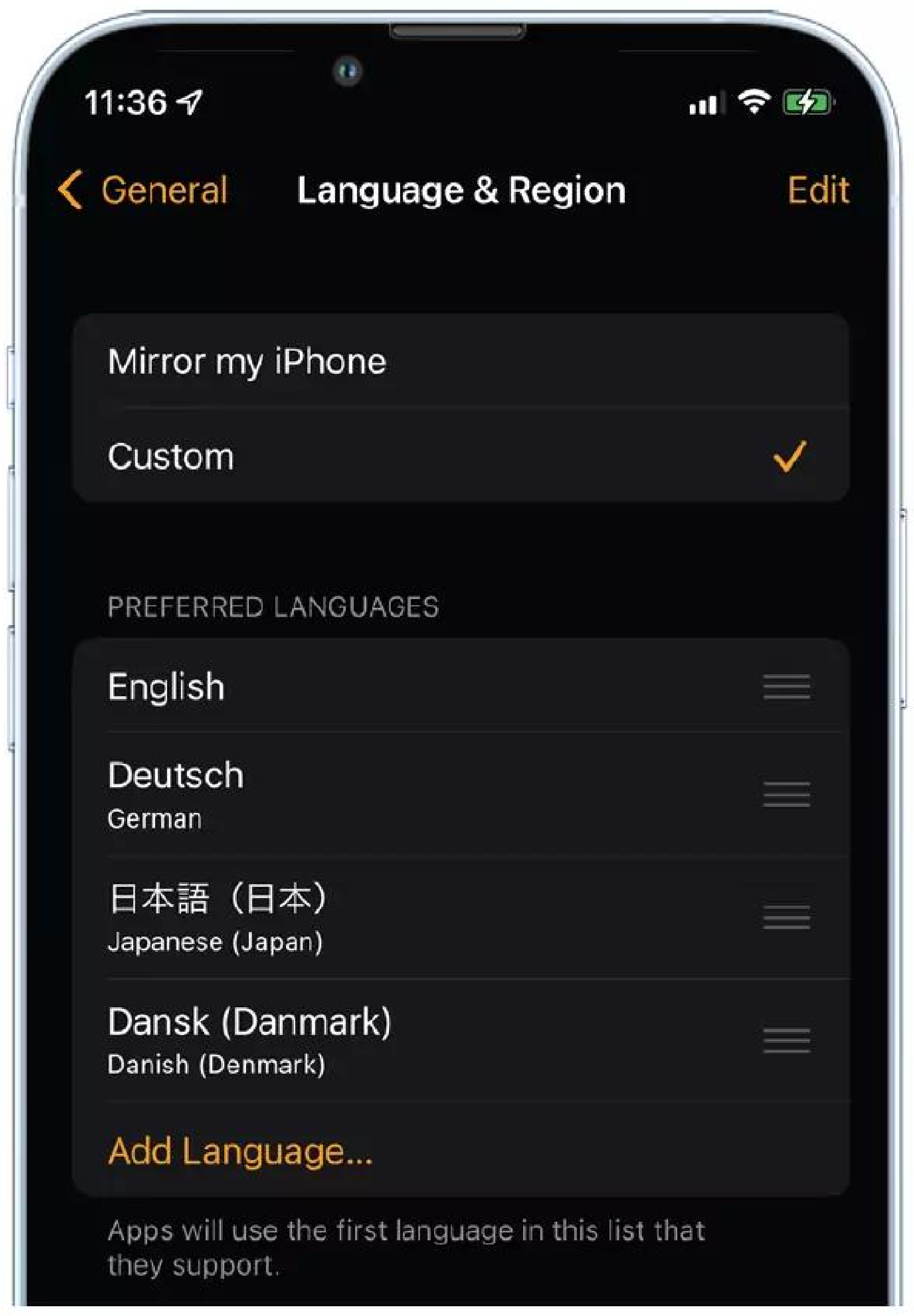
Digital Crown on Left Side

Digital Crown on Right Side ✓

Specifying your wrist and Digital Crown preference helps Apple Watch know when to wake the display and how to orient it. It's also needed to accurately record an ECG.

Do you wear your Apple Watch on your left wrist or your right? Do you prefer the Digital Crown to be on the left side or the right side? You can choose in General > Watch Orientation.

Language & Region



11:36

General | **Language & Region** | Edit

- Mirror my iPhone
- Custom ✓

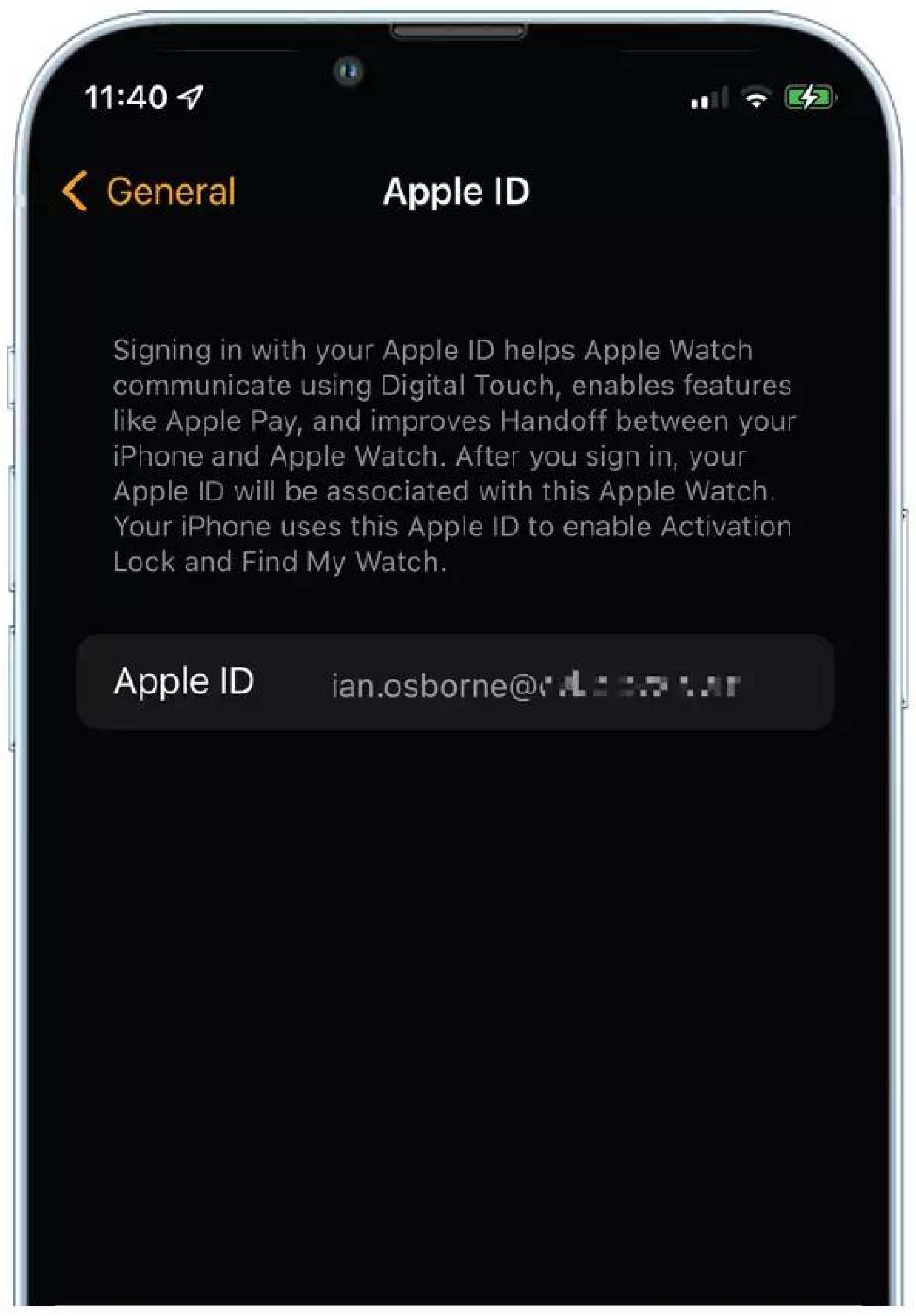
PREFERRED LANGUAGES

- English
- Deutsch German
- 日本語（日本） Japanese (Japan)
- Dansk (Danmark) Danish (Denmark)
- Add Language...

Apps will use the first language in this list that they support.

You can set up what language or languages are used on your Apple Watch, choose what region you're using it in and set the calendar. Choose 'Mirror Apple Watch' and the watch's settings are the same as those on your iPhone. Tap Edit to remove languages.

Apple ID



11:40

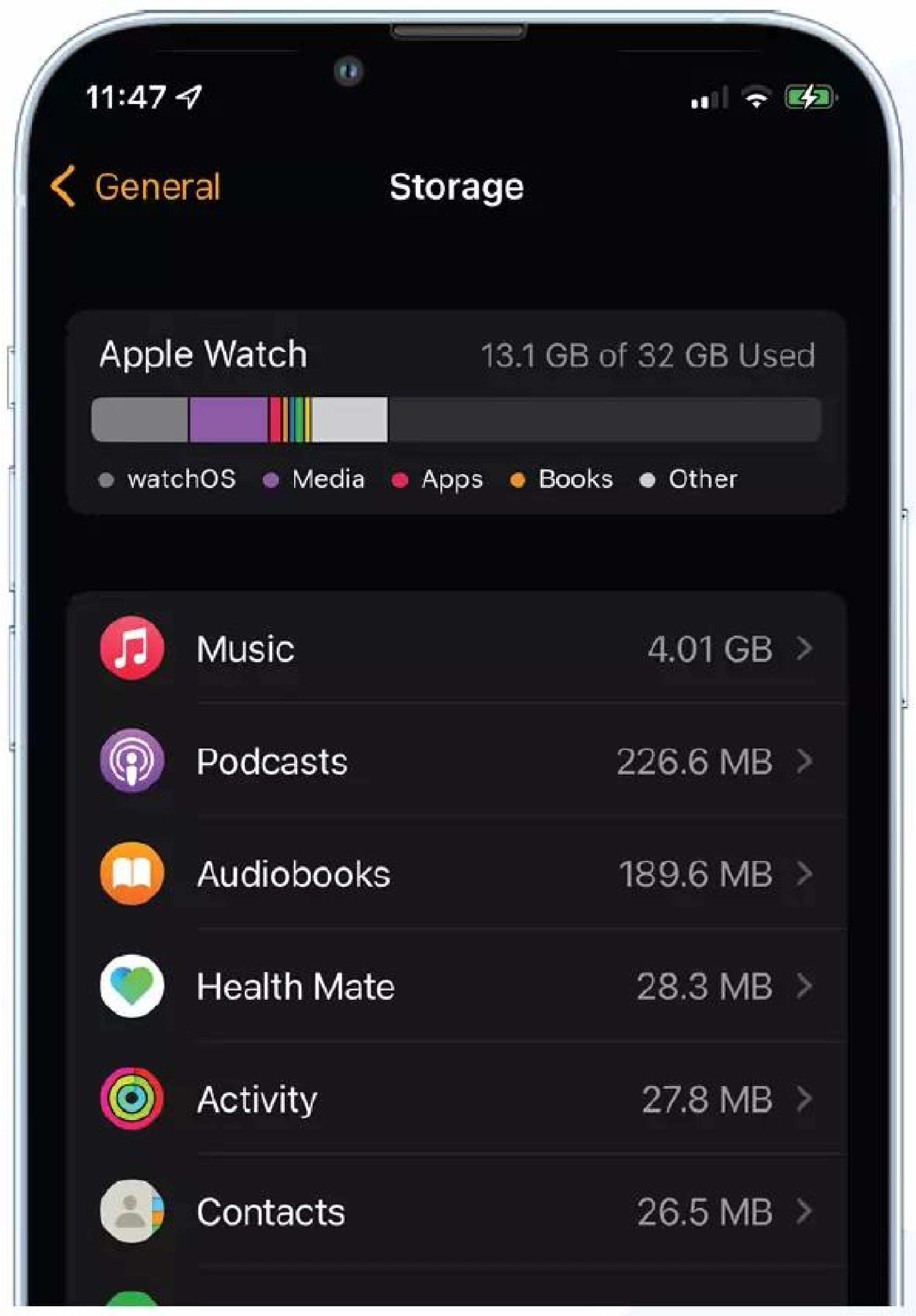
General | **Apple ID**

Signing in with your Apple ID helps Apple Watch communicate using Digital Touch, enables features like Apple Pay, and improves Handoff between your iPhone and Apple Watch. After you sign in, your Apple ID will be associated with this Apple Watch. Your iPhone uses this Apple ID to enable Activation Lock and Find My Watch.

Apple ID ian.osborne@[redacted]

Signing into your Apple ID on your Apple Watch is essential for many of its features, functions and apps. If you're not signed in, do so in General > Apple ID. Enter the email address that you use for your Apple ID, and then type your password to sign in.

Storage



11:47

General | **Storage**

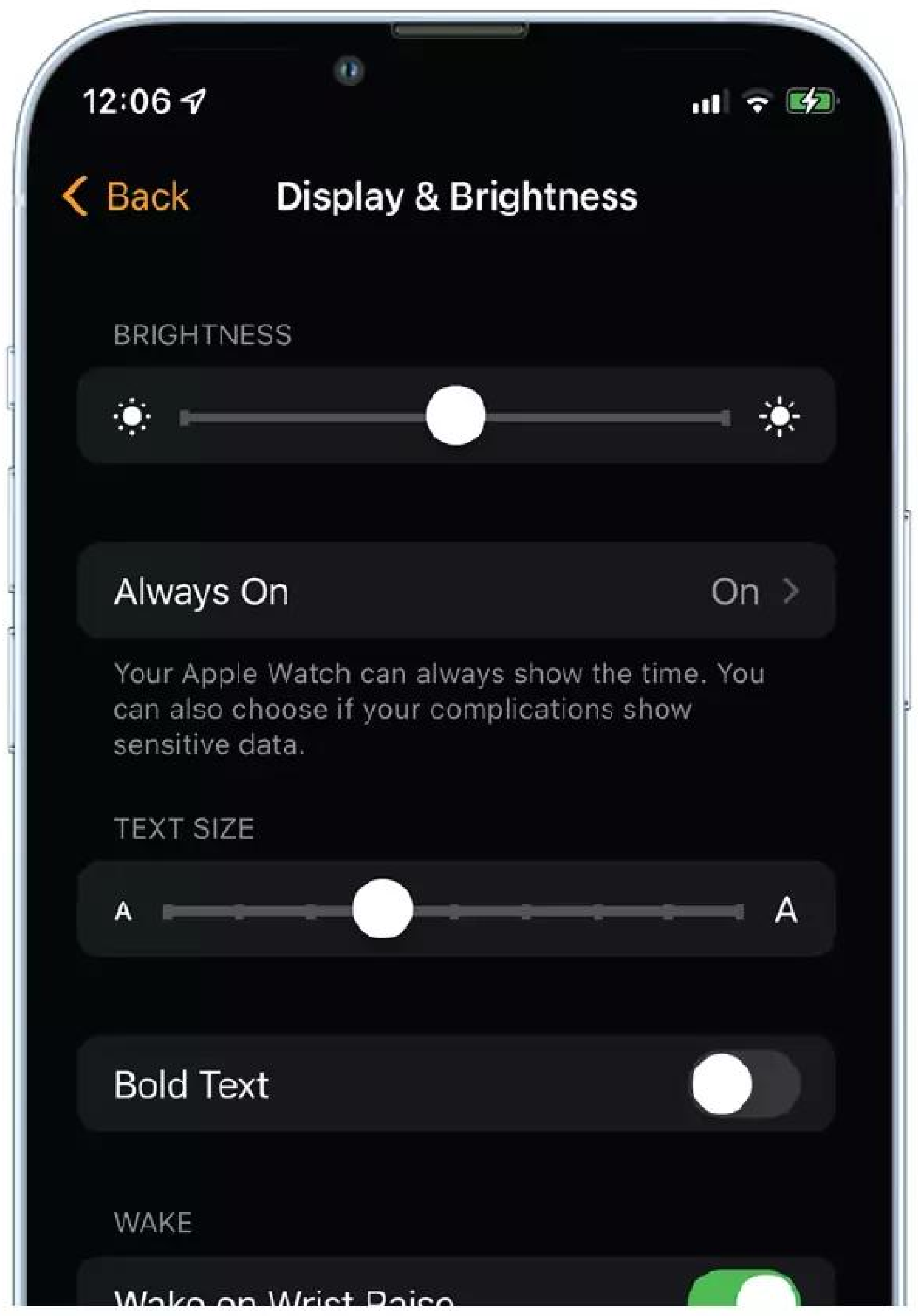
Apple Watch 13.1 GB of 32 GB Used

● watchOS ● Media ● Apps ● Books ● Other

Music	4.01 GB
Podcasts	226.6 MB
Audiobooks	189.6 MB
Health Mate	28.3 MB
Activity	27.8 MB
Contacts	26.5 MB

Another Useful option available in the General section is Storage. Here you can see how much space you have left on your Apple Watch, and get a breakdown on how much each app is taking up. Tap an app to see the space taken by the app itself and its data.

Display & Brightness



12:06

Back | **Display & Brightness**

BRIGHTNESS

Always On On

Your Apple Watch can always show the time. You can also choose if your complications show sensitive data.

TEXT SIZE

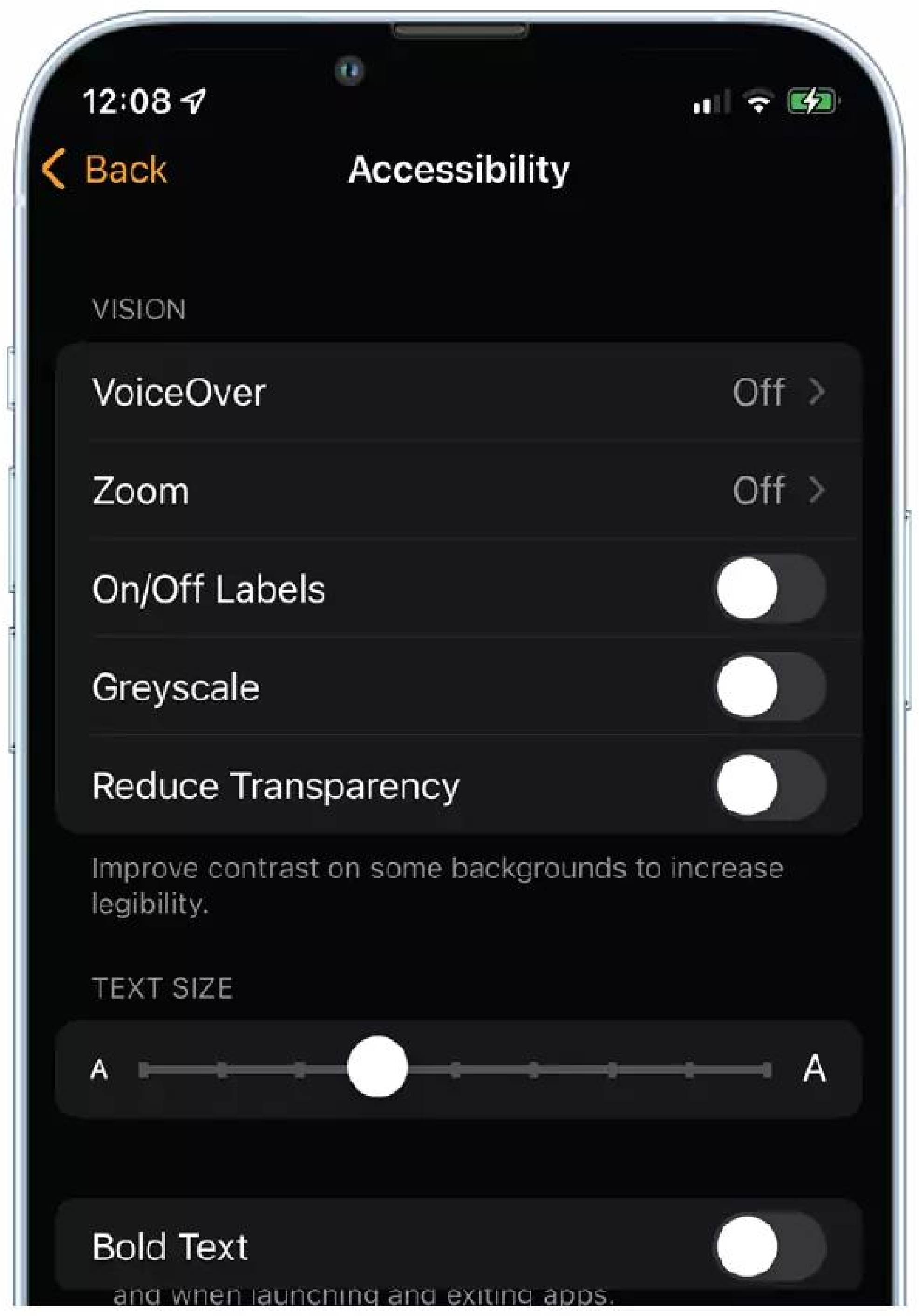
Bold Text ○

WAKE

Wake on Wrist Raise ●

Under the Display & Brightness option, you can set the brightness of your Apple Watch's screen and the size of its text using the sliders. You can also make all displayed text bold and set when it wakes and how long it wakes for; and modify always-on features.

Accessibility



12:08

Back | **Accessibility**

VISION

- VoiceOver Off
- Zoom Off
- On/Off Labels ○
- Greyscale ○
- Reduce Transparency ○

Improve contrast on some backgrounds to increase legibility.

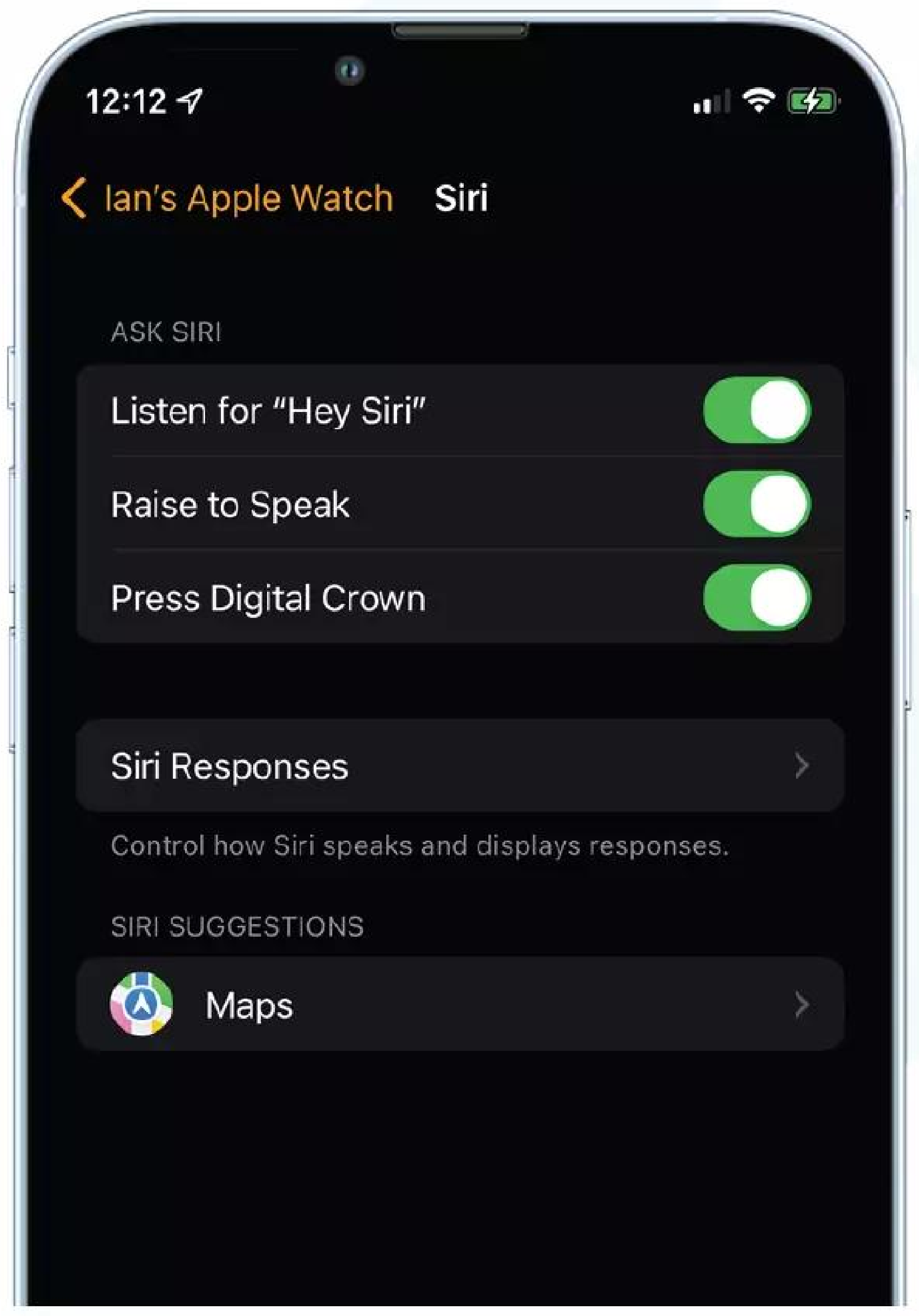
TEXT SIZE

Bold Text ○

and when launching and exiting apps.

Accessibility options are off by default, but if you have an impairment, check this section. There are several things you can modify to make using your watch easier if you have a hearing, visual or motor impairment. You can even set up an Accessibility Shortcut.

Siri



12:12

Ian's Apple Watch | **Siri**

ASK SIRI

- Listen for "Hey Siri" ●
- Raise to Speak ●
- Press Digital Crown ●

Siri Responses

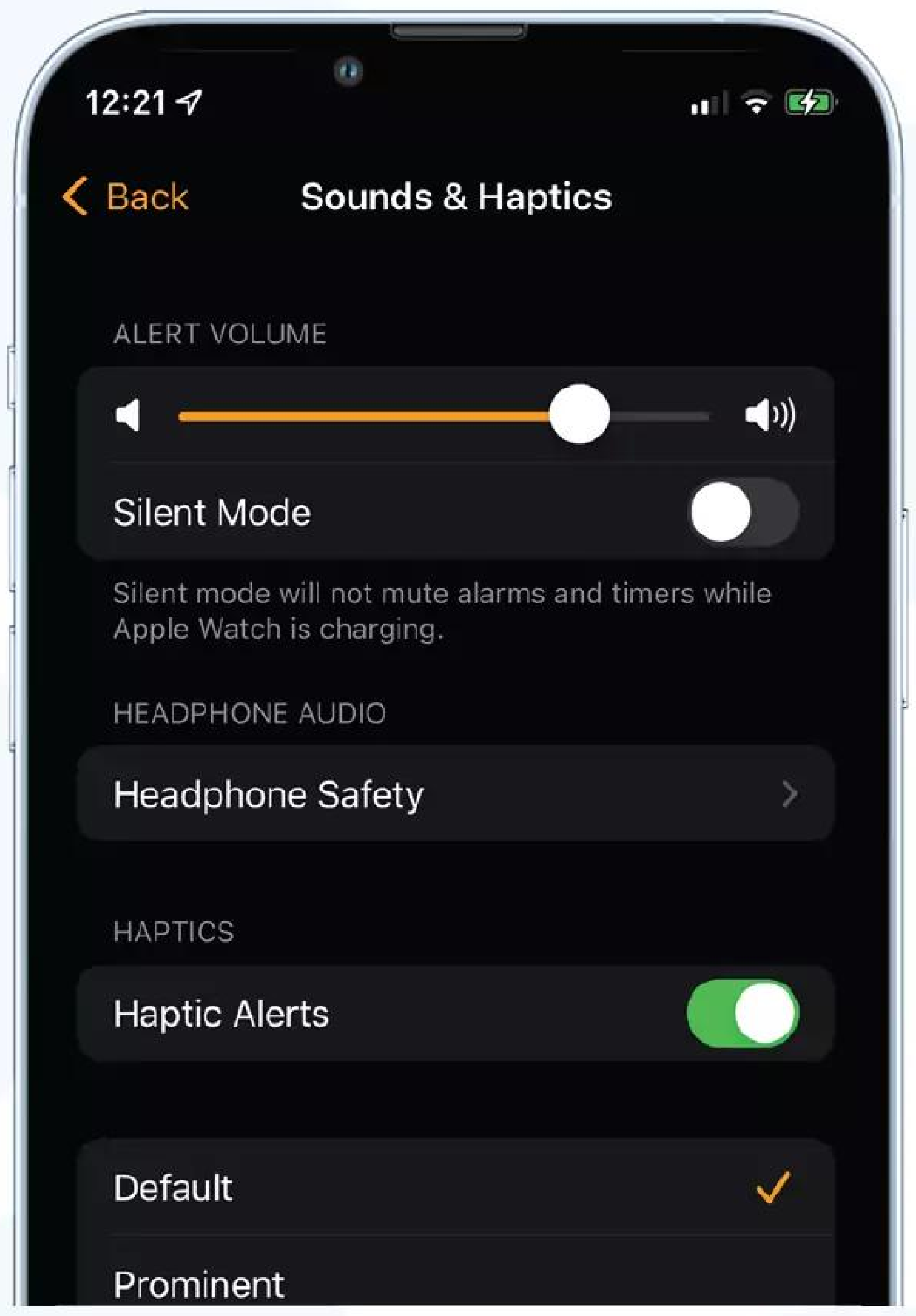
Control how Siri speaks and displays responses.

SIRI SUGGESTIONS

Maps

Siri is Apple's personal digital assistant, and it's built into your Apple Watch as well as your iPhone. Here you can set when your watch opens Siri, and under 'Siri Responses', the volume at which Siri speaks, whether you want Siri to always speak and more.

Sounds & Haptics



12:21

Back **Sounds & Haptics**

ALERT VOLUME

Silent Mode

Silent mode will not mute alarms and timers while Apple Watch is charging.

HEADPHONE AUDIO

Headphone Safety

HAPTICS

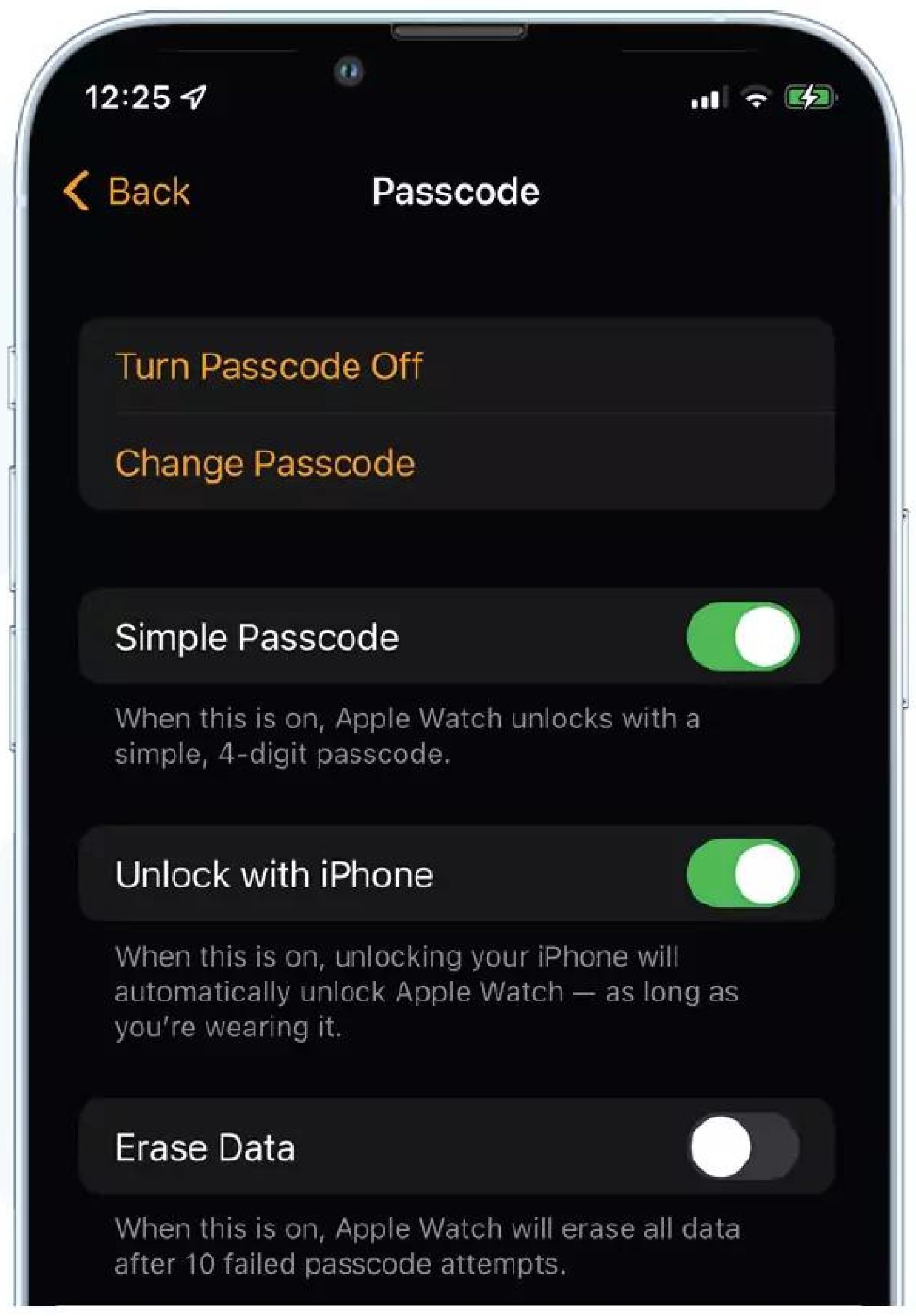
Haptic Alerts

Default ✓

Prominent

This section lets you configure your watch's sounds, and also its haptics, that is its vibration feedback. Set the alert volume, put it into Silent Mode, turn haptics on and off and set their level, and more. You can cover your watch with your hand to silence alerts too.

Passcode



12:25

Back **Passcode**

Turn Passcode Off

Change Passcode

Simple Passcode

When this is on, Apple Watch unlocks with a simple, 4-digit passcode.

Unlock with iPhone

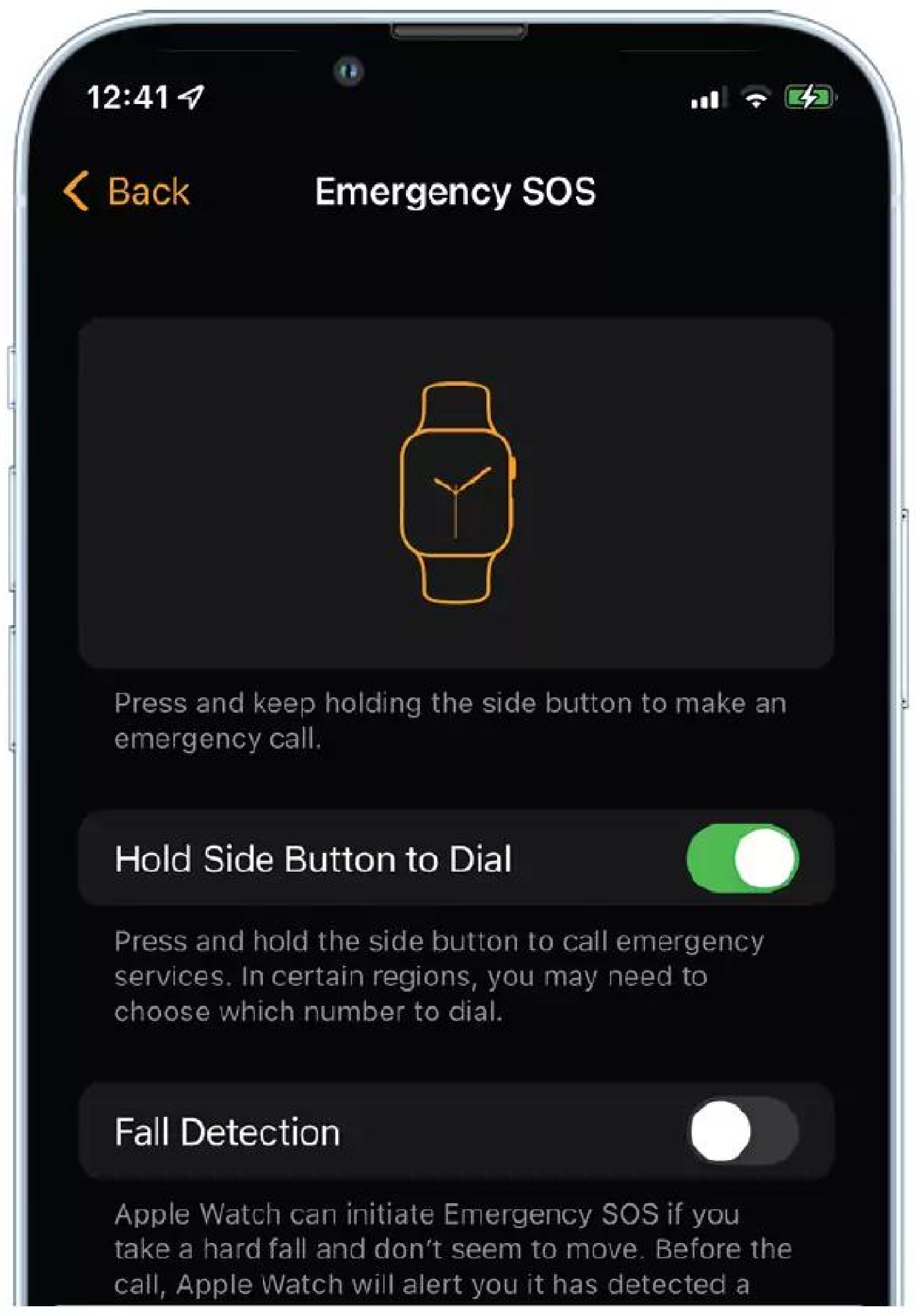
When this is on, unlocking your iPhone will automatically unlock Apple Watch — as long as you're wearing it.

Erase Data

When this is on, Apple Watch will erase all data after 10 failed passcode attempts.

There are numerous options available regarding your watch's passcode. You can turn it off, change it and more. Turn on Erase Data and your watch is wiped after ten failed password attempts, and Wrist Detection locks it when you're not wearing your watch.

Emergency SOS



12:41

Back **Emergency SOS**

Press and keep holding the side button to make an emergency call.

Hold Side Button to Dial

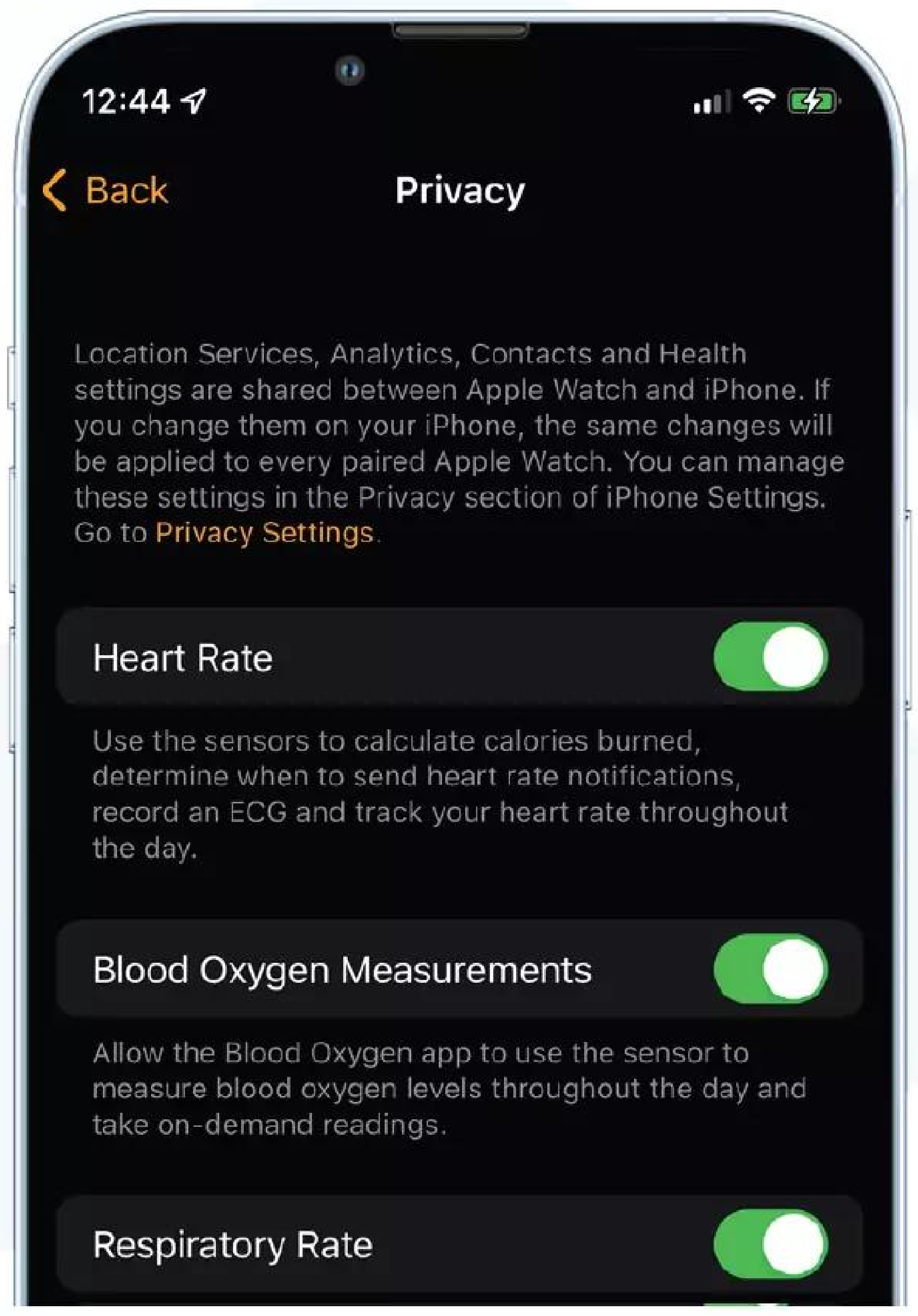
Press and hold the side button to call emergency services. In certain regions, you may need to choose which number to dial.

Fall Detection

Apple Watch can initiate Emergency SOS if you take a hard fall and don't seem to move. Before the call, Apple Watch will alert you it has detected a

You can make an emergency call to your country's emergency number by holding the Side Button. In this section, you can turn this off, set the watch to call the emergency number if it detects that you've fallen and set up your Medical ID in the Health app.

Privacy



12:44

Back **Privacy**

Location Services, Analytics, Contacts and Health settings are shared between Apple Watch and iPhone. If you change them on your iPhone, the same changes will be applied to every paired Apple Watch. You can manage these settings in the Privacy section of iPhone Settings. Go to Privacy Settings.

Heart Rate

Use the sensors to calculate calories burned, determine when to send heart rate notifications, record an ECG and track your heart rate throughout the day.

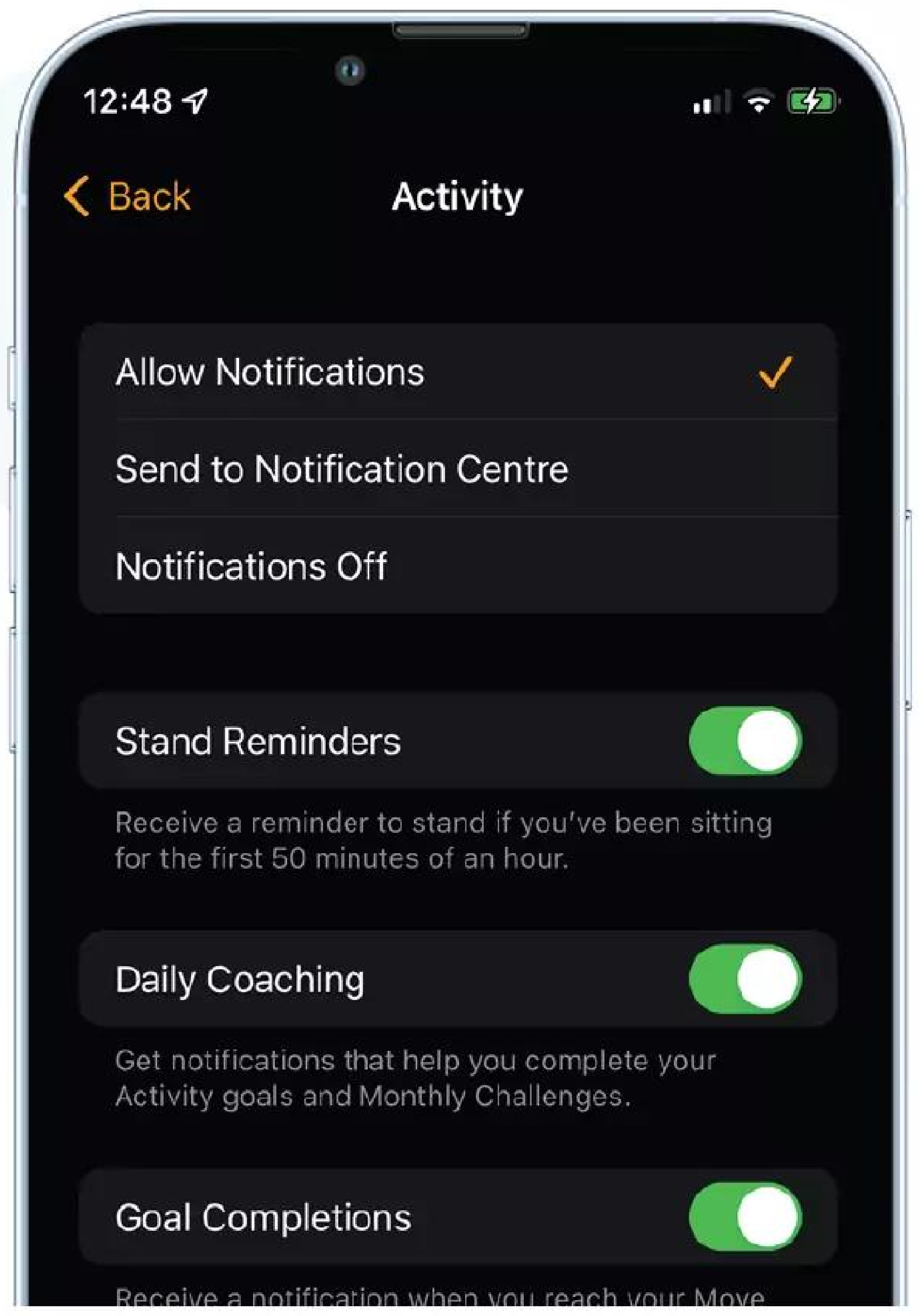
Blood Oxygen Measurements

Allow the Blood Oxygen app to use the sensor to measure blood oxygen levels throughout the day and take on-demand readings.

Respiratory Rate

If there are certain things you'd rather the Apple Watch didn't measure, go here and turn them off. You can turn off Heart Rate, Respiratory Rate, Fitness Tracking, Blood Oxygen Measurements and more. You can turn on Environmental Sound Measurements too.

Activity



12:48

Back **Activity**

Allow Notifications ✓

Send to Notification Centre

Notifications Off

Stand Reminders

Receive a reminder to stand if you've been sitting for the first 50 minutes of an hour.

Daily Coaching

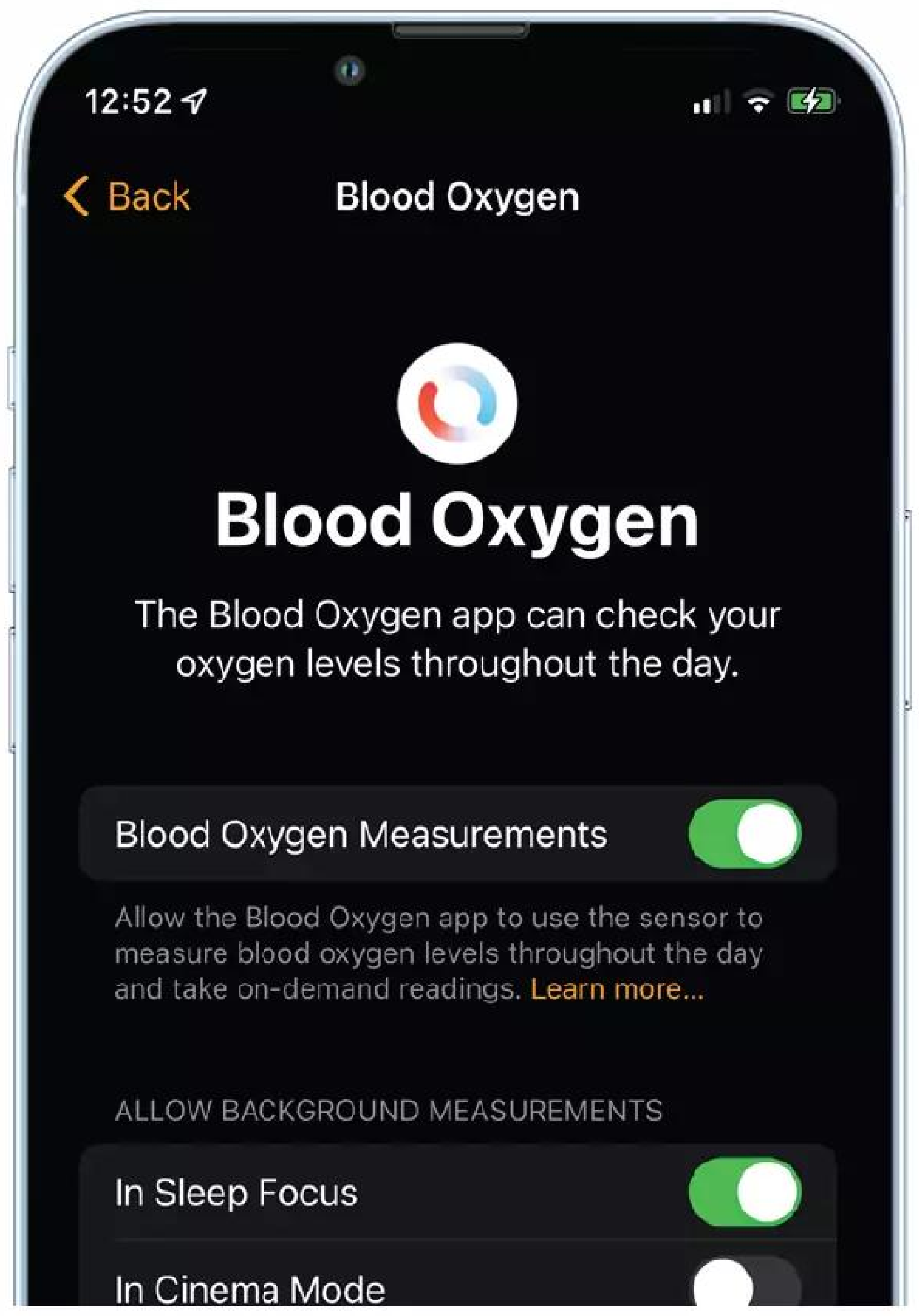
Get notifications that help you complete your Activity goals and Monthly Challenges.

Goal Completions

Receive a notification when you reach your Move

Activity is one of the Apple Watch's most popular features. You can configure the notifications it sends, and whether you want it to remind you to stand if you're spending too much time sitting down. Other options include notices for Special Challenges, Daily Coaching and more.

Blood Oxygen



12:52

Back **Blood Oxygen**

Blood Oxygen

The Blood Oxygen app can check your oxygen levels throughout the day.

Blood Oxygen Measurements

Allow the Blood Oxygen app to use the sensor to measure blood oxygen levels throughout the day and take on-demand readings. Learn more...

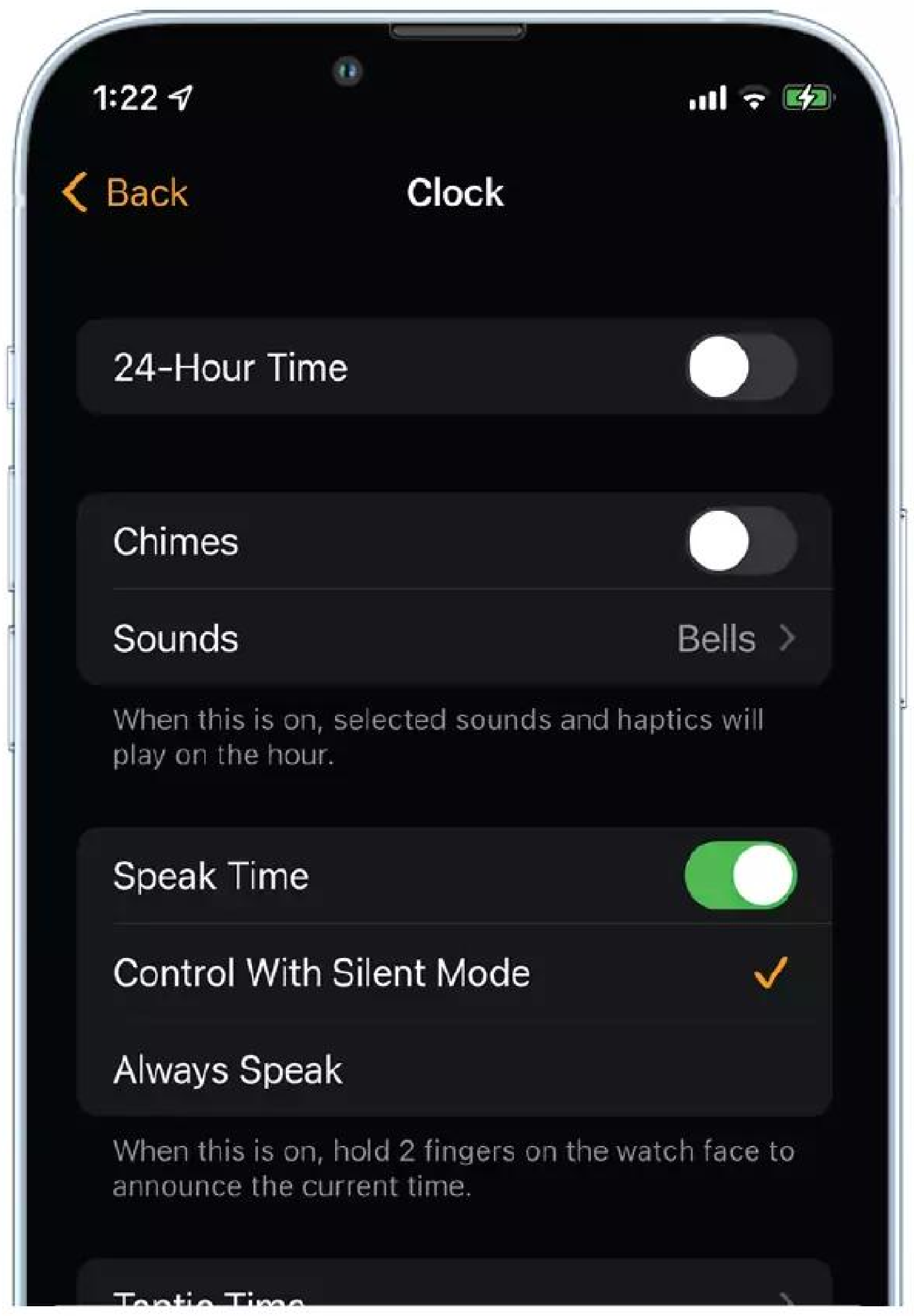
ALLOW BACKGROUND MEASUREMENTS

In Sleep Focus

In Cinema Mode

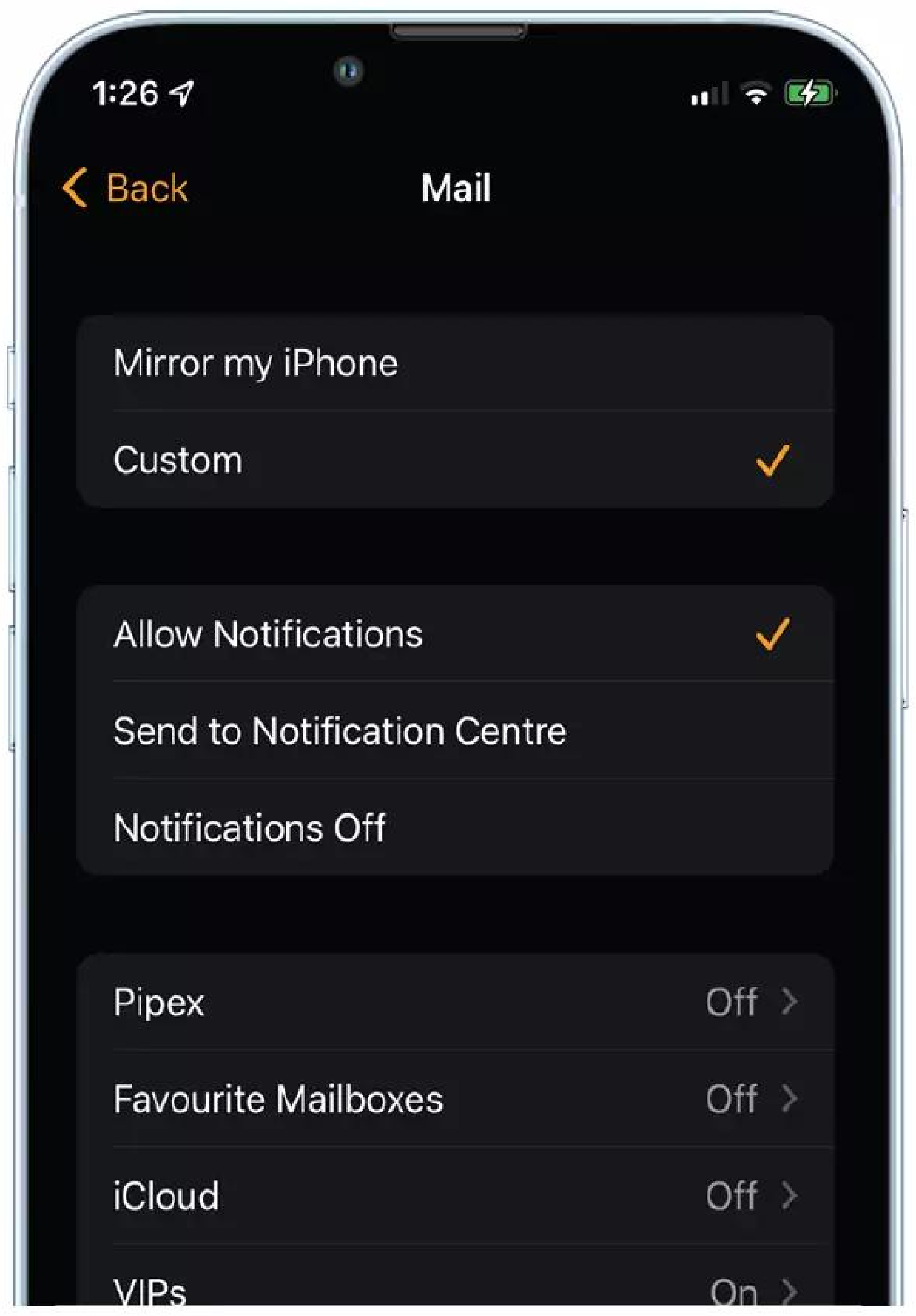
The Blood Oxygen apps checks your oxygen levels throughout the day. You can turn this off if you don't want these checks. It uses potentially distracting bright red LEDs, so you can set it to be on or off when the watch is in Sleep, Focus and/or Cinema Mode.

Clock


1:22
Back Clock
24-Hour Time
Chimes
Sounds Bells
When this is on, selected sounds and haptics will play on the hour.
Speak Time
Control With Silent Mode ✓
Always Speak
When this is on, hold 2 fingers on the watch face to announce the current time.

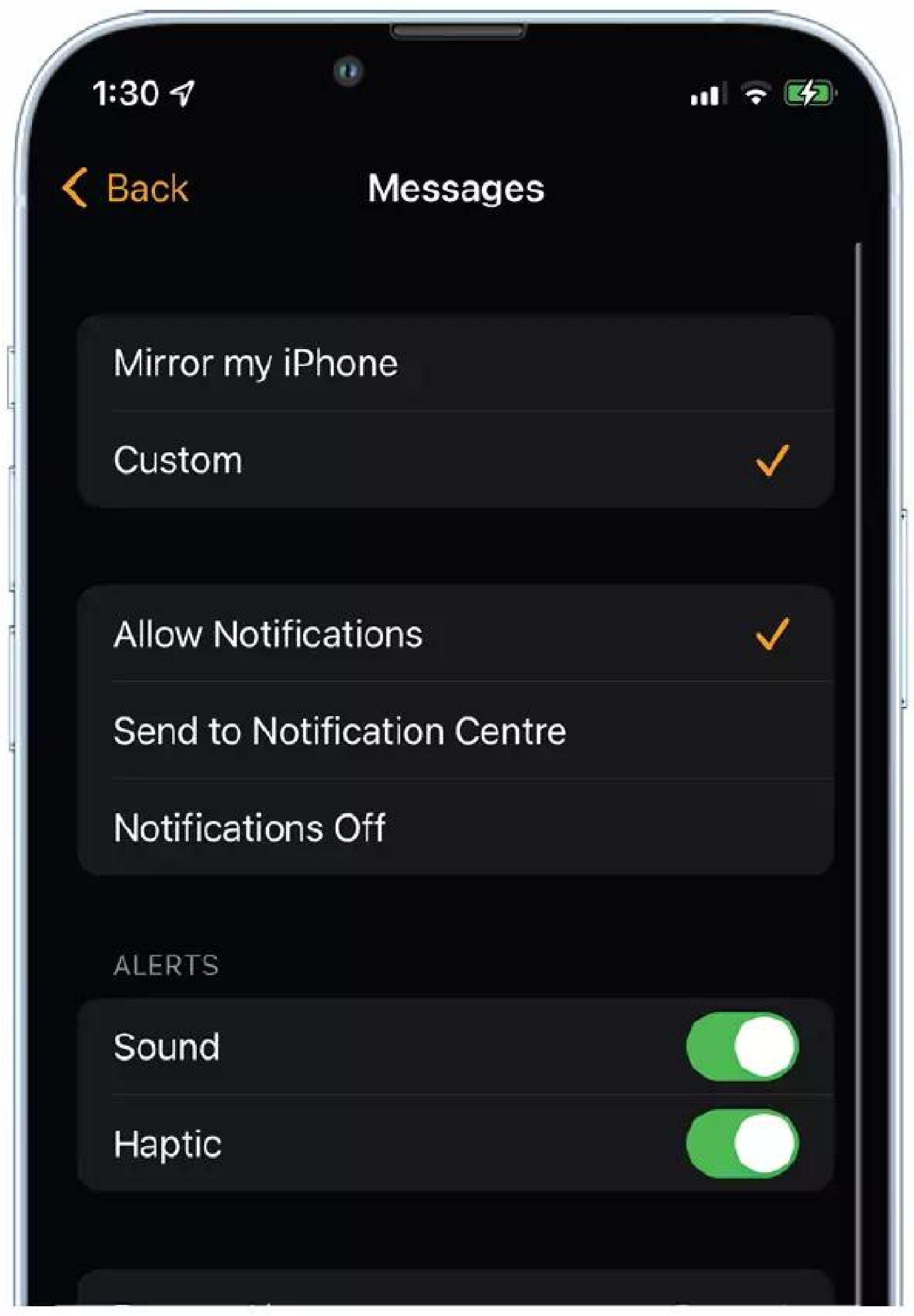
If you wish to use a 24-hour clock instead of 12-hour when using a digital watch face, turn on the option here. You can also have chimes play every hour, on the hour, have the time spoken when you place two fingers on the watch face, set a monogram for faces that use them and more.

Mail


1:26
Back Mail
Mirror my iPhone
Custom ✓
Allow Notifications ✓
Send to Notification Centre
Notifications Off
Pipex Off
Favourite Mailboxes Off
iCloud Off
VIPs On

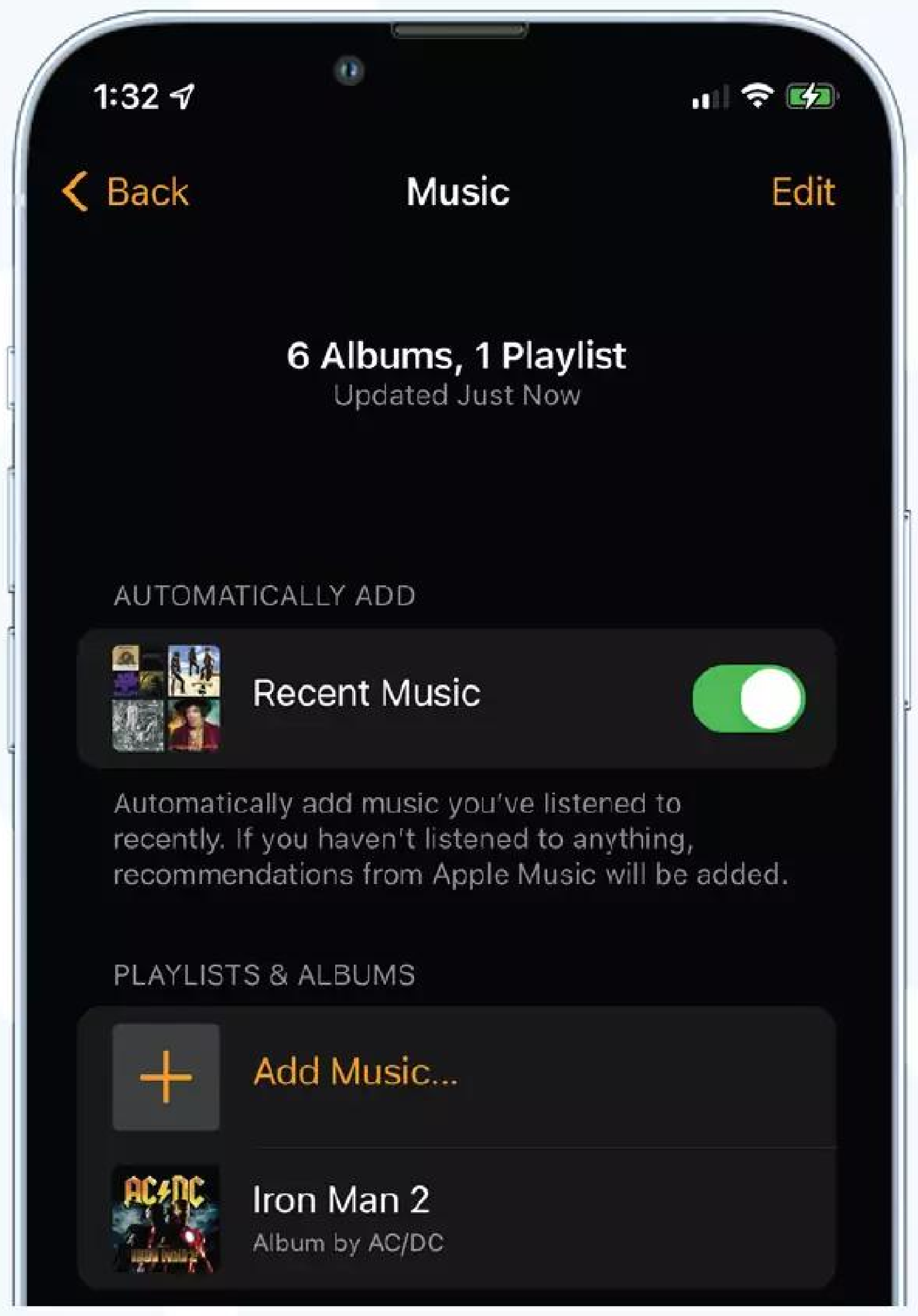
In the Mail options, you can set which of your email accounts send you notifications when an email arrives. You can configure your Mail notifications, set up default replies to answer emails from your watch and more. There's a lot you can configure in the watch's Mail app.

Messages


1:30
Back Messages
Mirror my iPhone
Custom ✓
Allow Notifications ✓
Send to Notification Centre
Notifications Off
ALERTS
Sound
Haptic

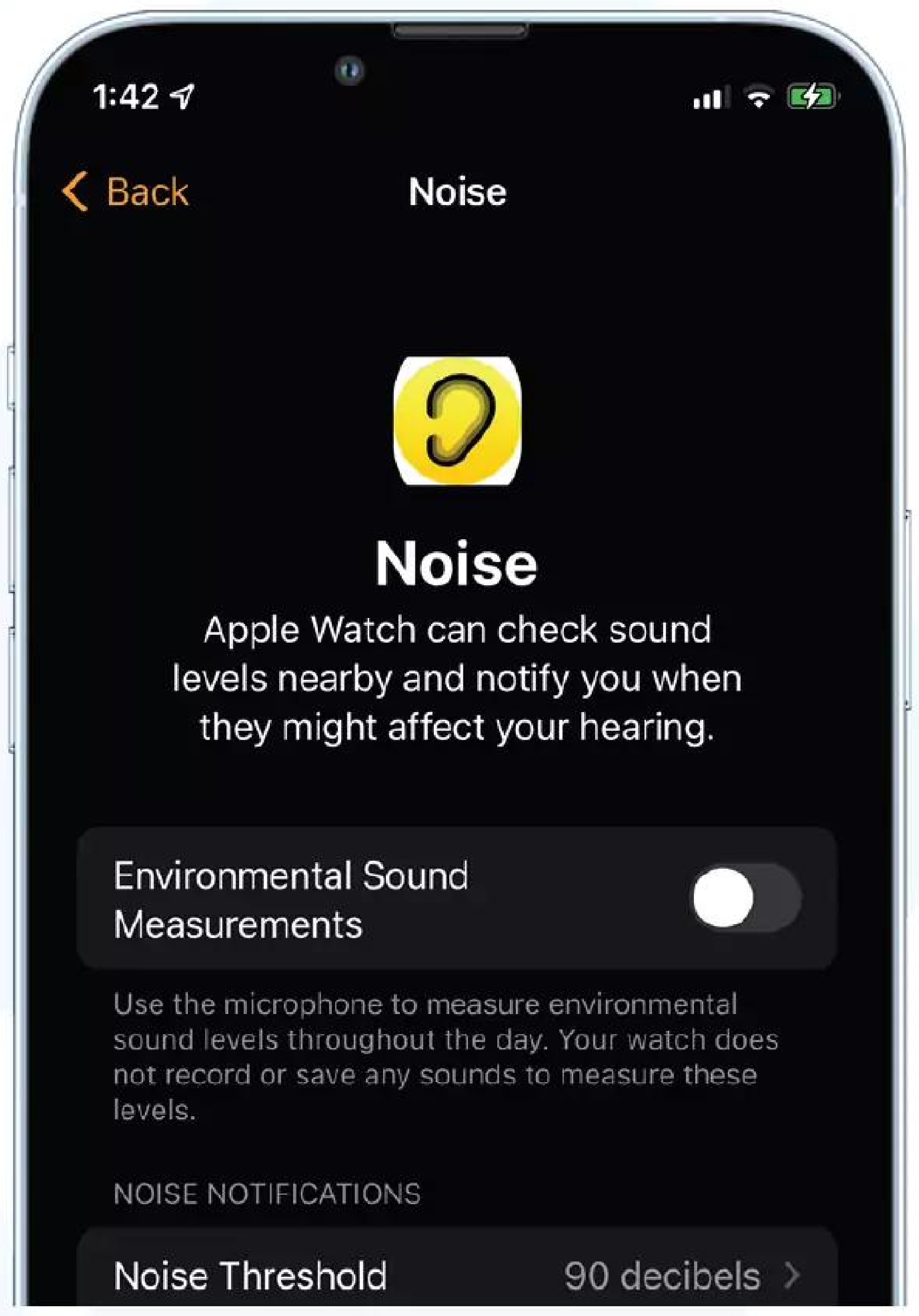
When you receive a message on your iPhone, you can get an audio and/or haptic alert on your watch. Again, you can use default replies if you want to answer a message using your watch, and you can add custom default replies to the list of those on offer.

Music


1:32
Back Music Edit
6 Albums, 1 Playlist
Updated Just Now
AUTOMATICALLY ADD
Recent Music
Automatically add music you've listened to recently. If you haven't listened to anything, recommendations from Apple Music will be added.
PLAYLISTS & ALBUMS
Add Music...
Iron Man 2
Album by AC/DC

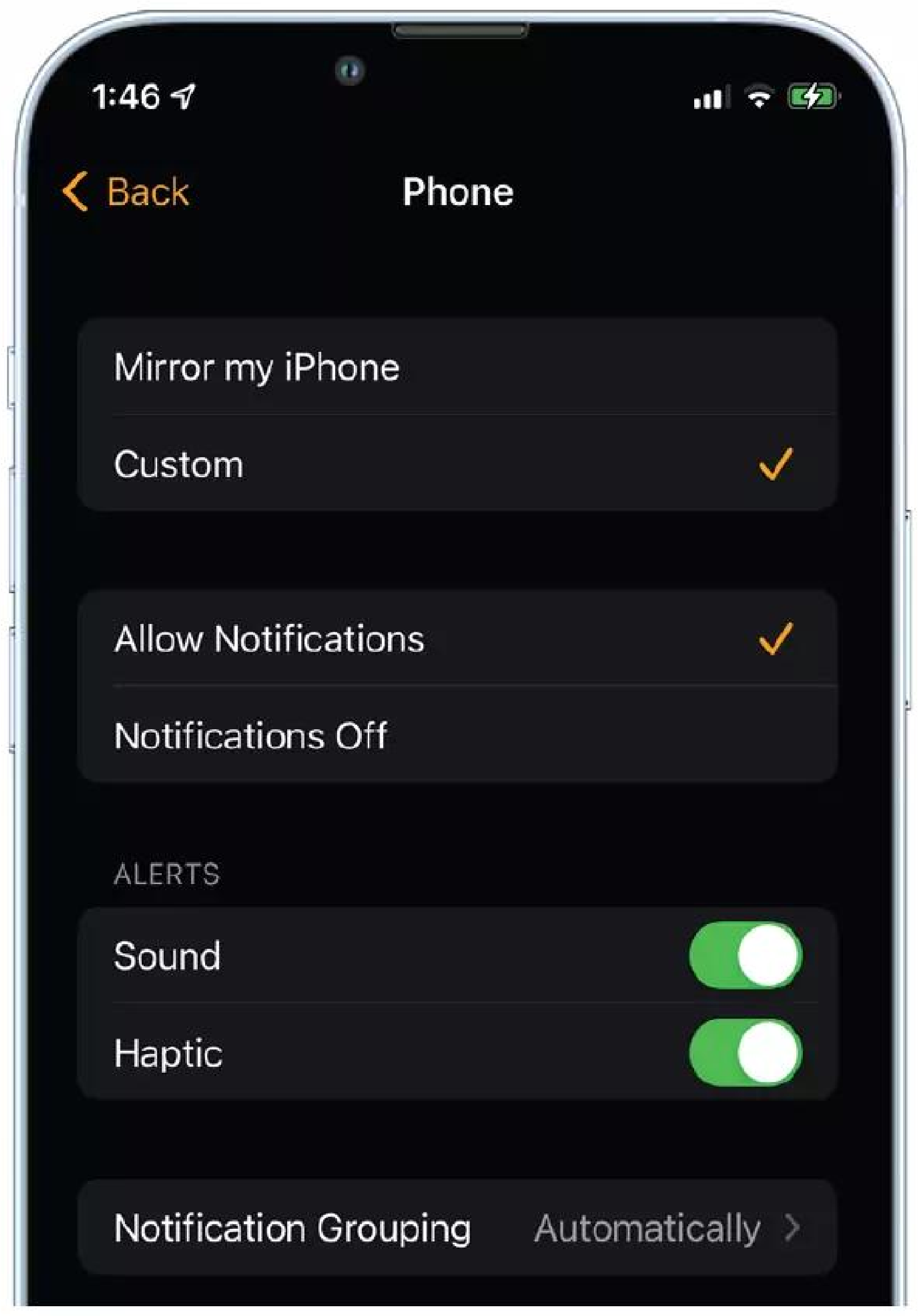
You can listen to your music directly from your Apple Watch, by copying your tracks to the watch. Music you've recently listened to is automatically added (you can switch this off), and you can add music from your iPhone, as long as it's nearby and your watch is charging.

Noise


1:42
Back Noise
Noise
Apple Watch can check sound levels nearby and notify you when they might affect your hearing.
Environmental Sound Measurements
Use the microphone to measure environmental sound levels throughout the day. Your watch does not record or save any sounds to measure these levels.
NOISE NOTIFICATIONS
Noise Threshold 90 decibels

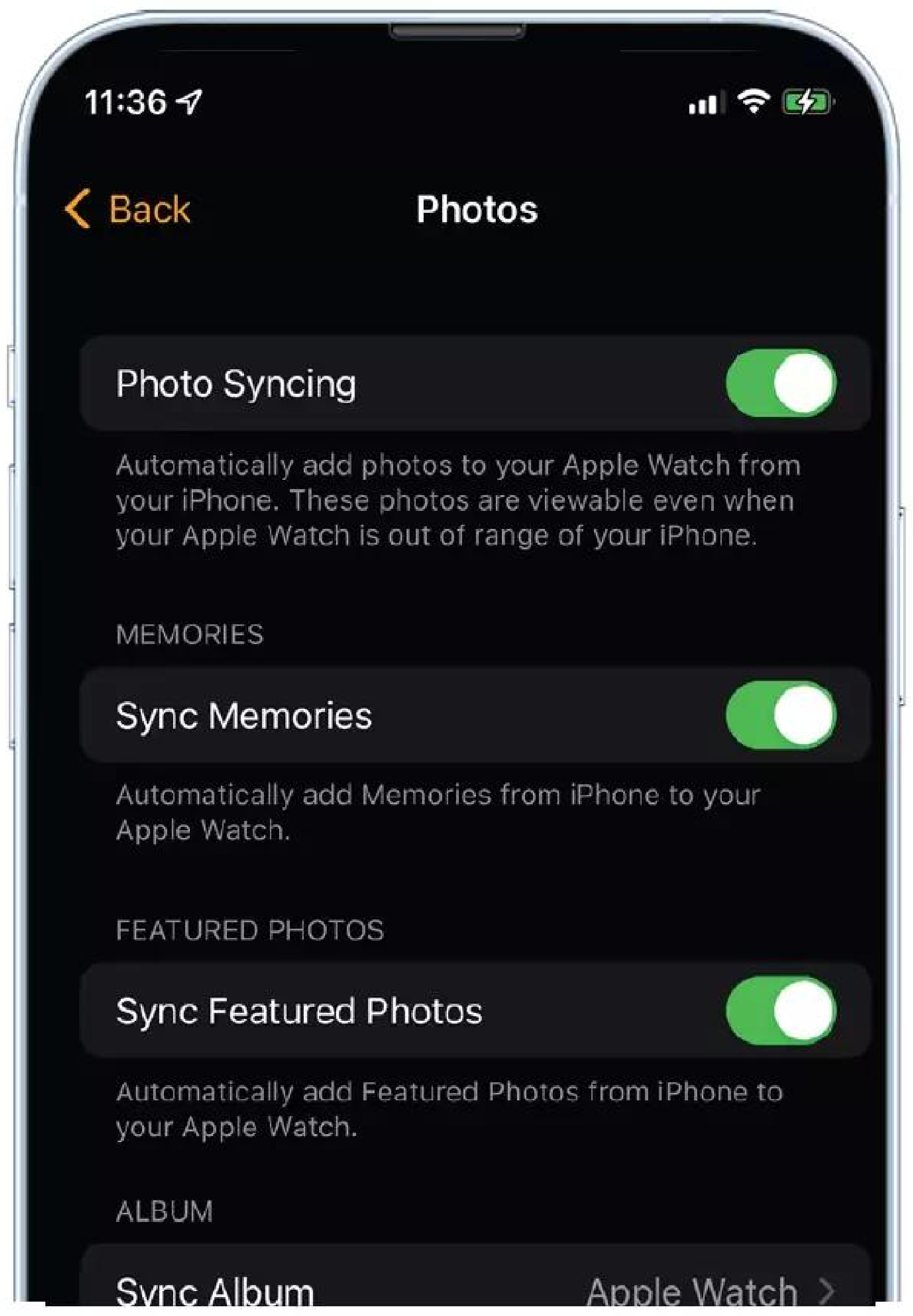
Your Apple Watch can check environmental sound levels, and warn you if they're so high they might affect your hearing. Turn on Environmental Sound Measurements, and set the noise threshold for the warnings. Just the thing if you work in a noisy environment.

Phone


1:46
Back Phone
Mirror my iPhone
Custom ✓
Allow Notifications ✓
Notifications Off
ALERTS
Sound
Haptic
Notification Grouping Automatically

You can take phone calls on your watch, and there are numerous settings you can change. If your settings mirror your iPhone's, you can only change the ringing alerts, but if you use custom settings you can configure notifications from the Phone app too.

Photos



11:36

Back | **Photos**

Photo Syncing ☑

Automatically add photos to your Apple Watch from your iPhone. These photos are viewable even when your Apple Watch is out of range of your iPhone.

MEMORIES

Sync Memories ☑

Automatically add Memories from iPhone to your Apple Watch.

FEATURED PHOTOS

Sync Featured Photos ☑

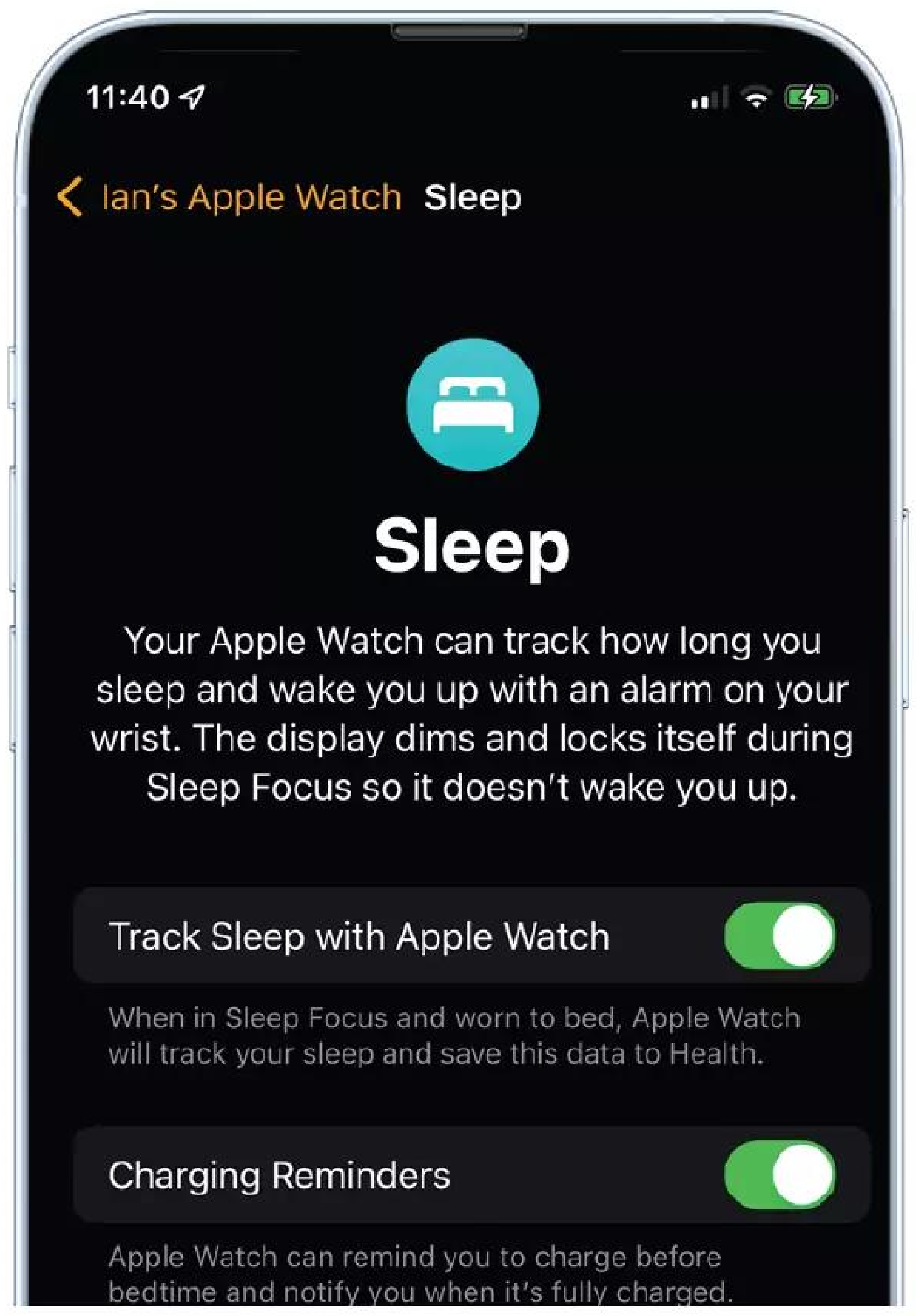
Automatically add Featured Photos from iPhone to your Apple Watch.

ALBUM

Sync Album — Apple Watch

You can enjoy your photos directly from your Apple Watch. They sync automatically from your iPhone, along with Memories and featured photos, but you can turn these off if you want. Set a limit of 25, 100, 250 or 500 photos according to how much space you have.

Sleep



11:40

Ian's Apple Watch | **Sleep**

Sleep

Your Apple Watch can track how long you sleep and wake you up with an alarm on your wrist. The display dims and locks itself during Sleep Focus so it doesn't wake you up.

Track Sleep with Apple Watch ☑

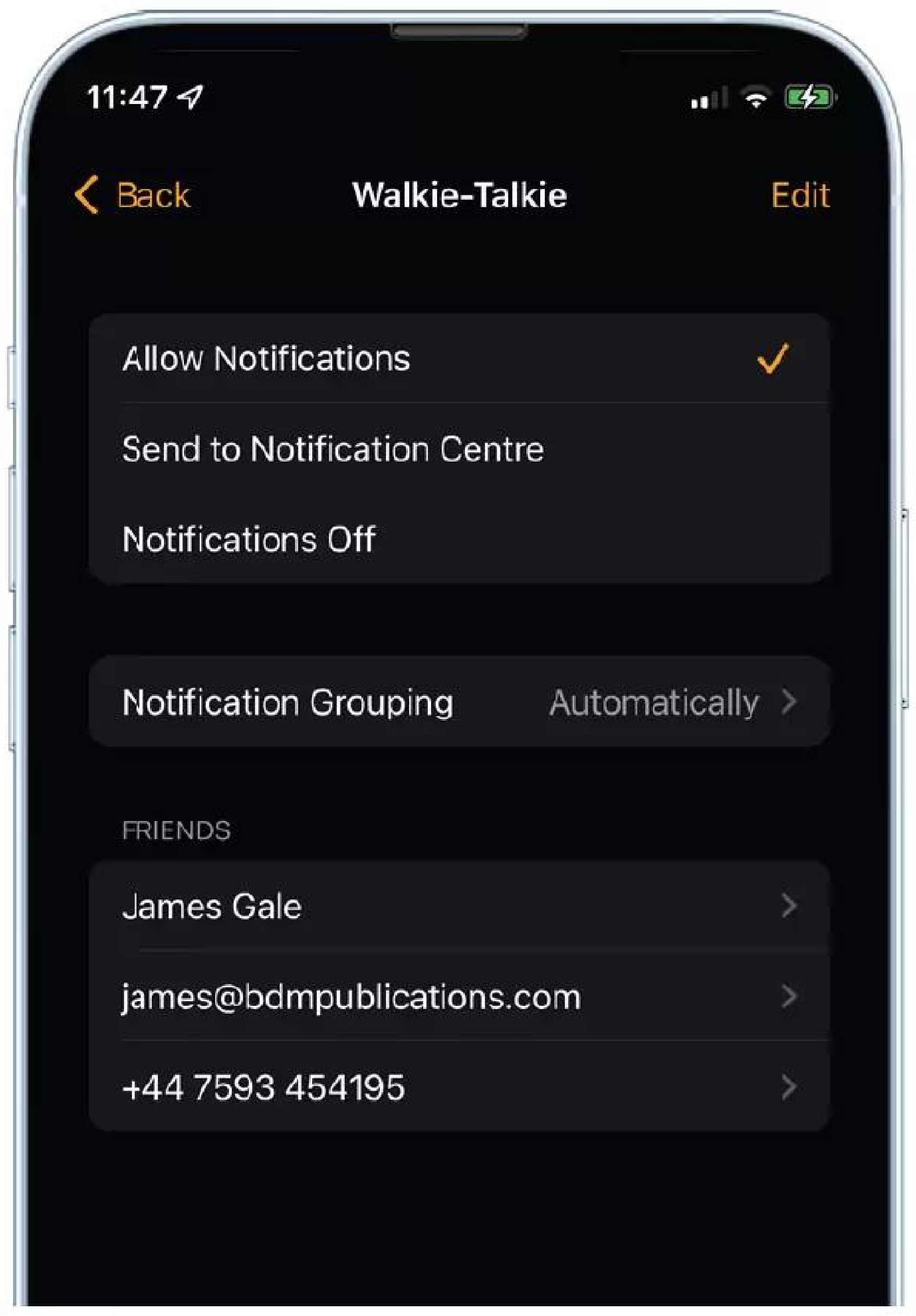
When in Sleep Focus and worn to bed, Apple Watch will track your sleep and save this data to Health.

Charging Reminders ☑

Apple Watch can remind you to charge before bedtime and notify you when it's fully charged.

Your Apple Watch can track how long you sleep, and wake you up with an alarm on your wrist. The display dims and locks itself at bedtime so it won't wake you up. Open the Sleep feature here, or you can set up the feature in the Health app on your iPhone.

Walkie-Talkie



11:47

Back | **Walkie-Talkie** | Edit

Allow Notifications ✓

Send to Notification Centre

Notifications Off

Notification Grouping — Automatically

FRIENDS

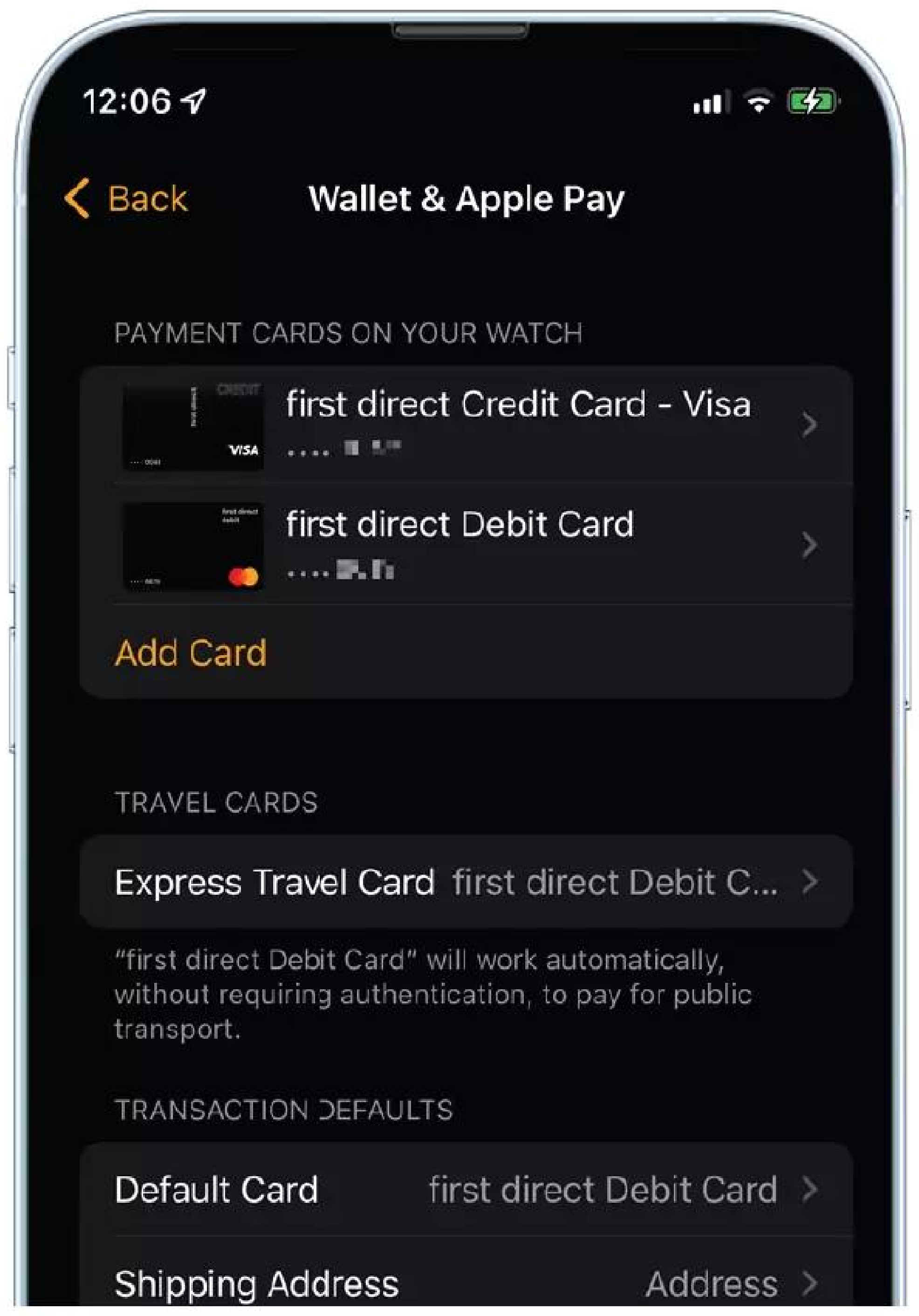
James Gale

james@bdmpublications.com

+44 7593 454195

In the Walkie-Talkie section, you can customise the feature's notification access. To add a contact to Walkie-Talkie, go to the app on your Apple Watch, select the contact in question (drawn from your Contacts app), and turn it on; then they appear here.

Wallet & Apple Pay



12:06

Back | **Wallet & Apple Pay**

PAYMENT CARDS ON YOUR WATCH

first direct Credit Card - Visa

first direct Debit Card

Add Card

TRAVEL CARDS

Express Travel Card — first direct Debit C...

"first direct Debit Card" will work automatically, without requiring authentication, to pay for public transport.

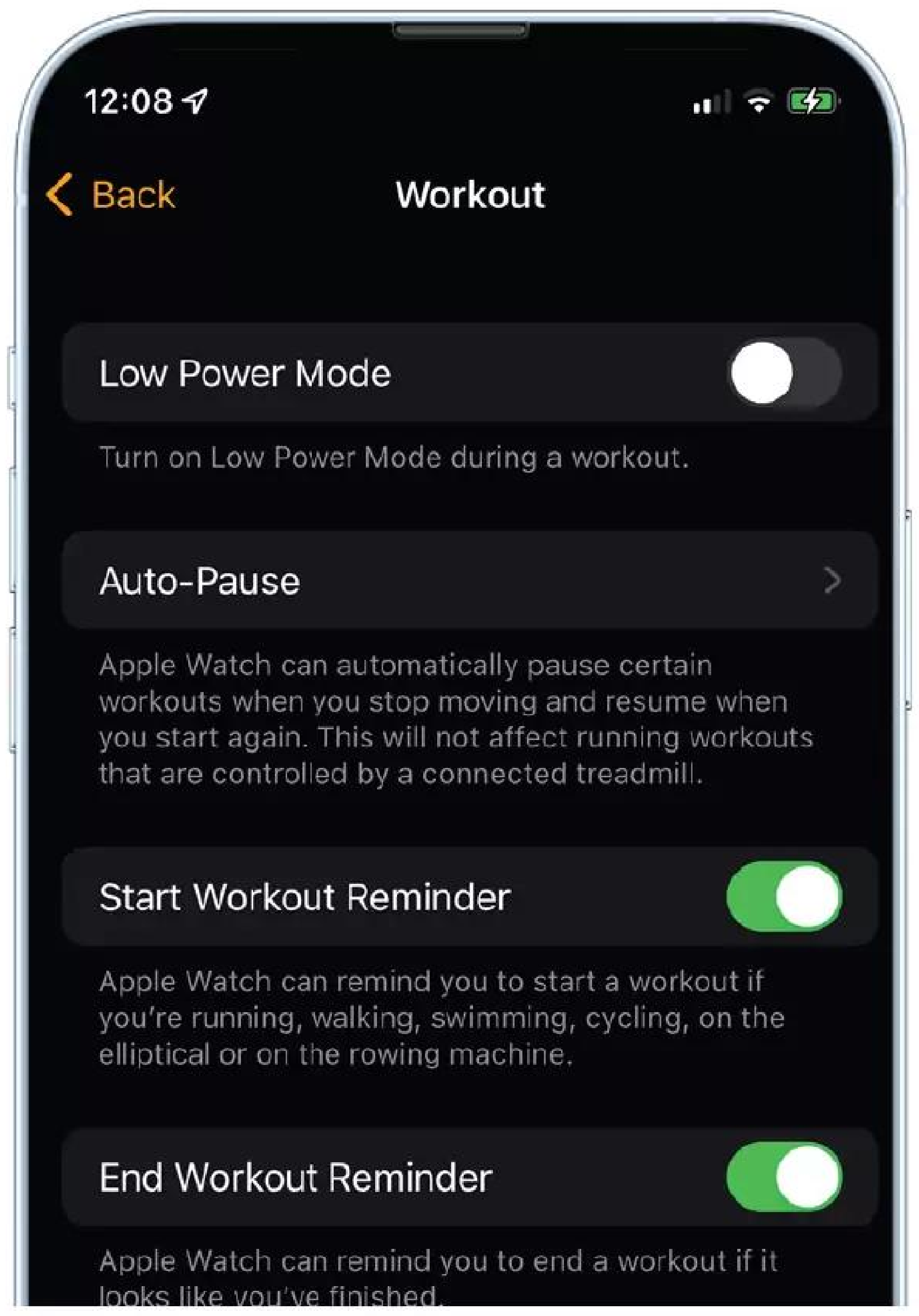
TRANSACTION DEFAULTS

Default Card — first direct Debit Card

Shipping Address — Address

If you want to add credit and debit cards to your Apple Watch's Wallet & Apple Pay app, do so here. Tap Add Card and follow the instructions. Tap a card for its details and the opportunity to remove it. You can also set a default card to use, a shipping address and more.

Workout



12:08

Back | **Workout**

Low Power Mode ☐

Turn on Low Power Mode during a workout.

Auto-Pause

Apple Watch can automatically pause certain workouts when you stop moving and resume when you start again. This will not affect running workouts that are controlled by a connected treadmill.

Start Workout Reminder ☑

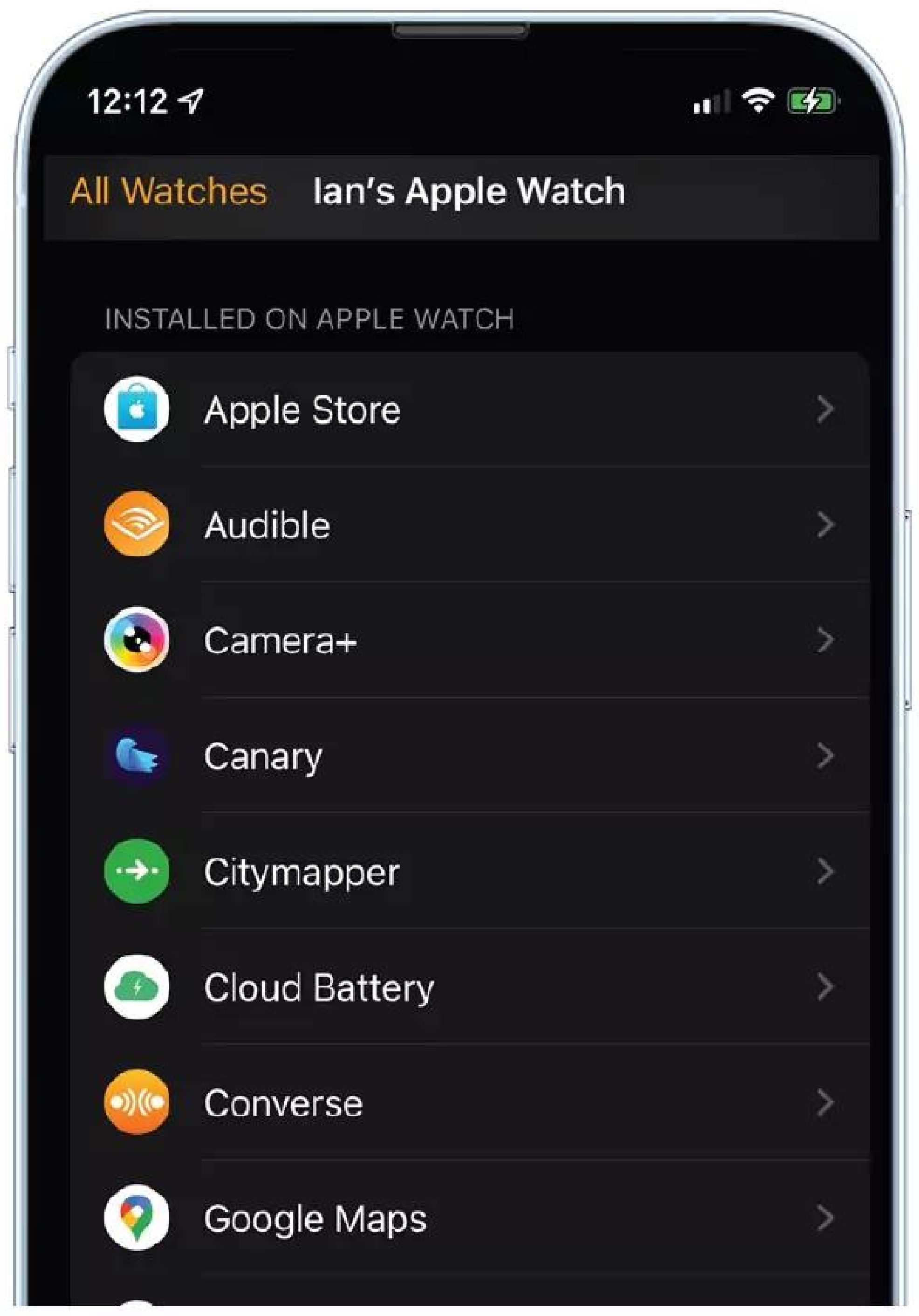
Apple Watch can remind you to start a workout if you're running, walking, swimming, cycling, on the elliptical or on the rowing machine.

End Workout Reminder ☑

Apple Watch can remind you to end a workout if it looks like you've finished.

Workout is another popular watch feature. Tap Workout View to customise the information fed to you by specific workouts. Power Saving Mode turns off a few features to save battery power when working out, and there are lots of other things you can set up too.

Third-party Apps



12:12

All Watches | **Ian's Apple Watch**

INSTALLED ON APPLE WATCH

- Apple Store
- Audible
- Camera+
- Canary
- Citymapper
- Cloud Battery
- Converse
- Google Maps

At the bottom of the My Watch section are third-party apps that can appear on your watch; first those you've installed, and then those on your iPhone, but not yet installed on your watch. Tap Install to do so. Tap an app that's on your watch and you can remove it.

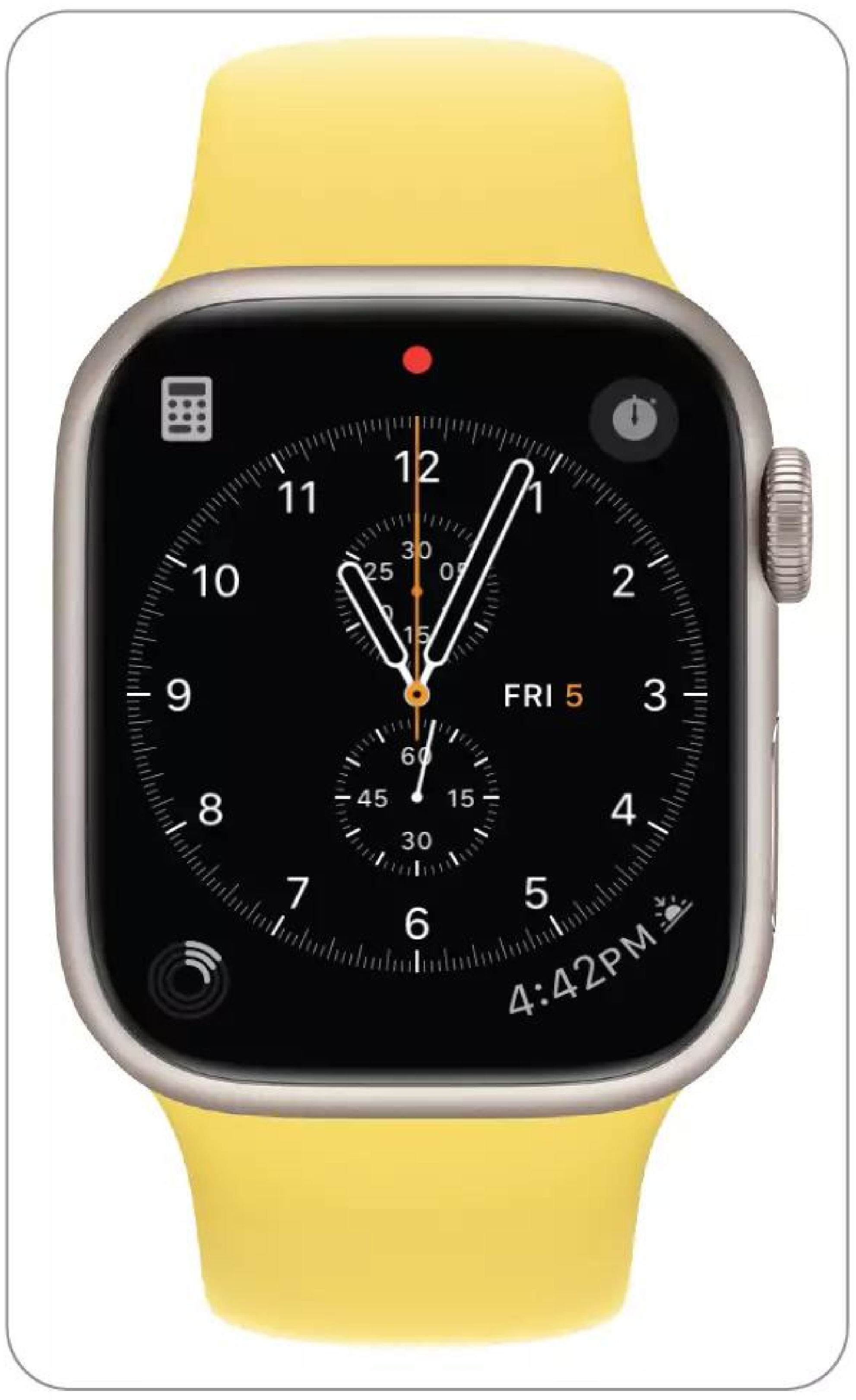
Notifications on Watch

Your Apple Watch brings you a wealth of notifications from built-in apps such as Calendar, Mail, Messages, Maps and Activity. Third-party apps can also send notifications. From watchOS 9 onwards, incoming notifications arrive in discreet, unobtrusive banners when the watch is active too. Here's how to use and configure your Apple Watch's notifications.

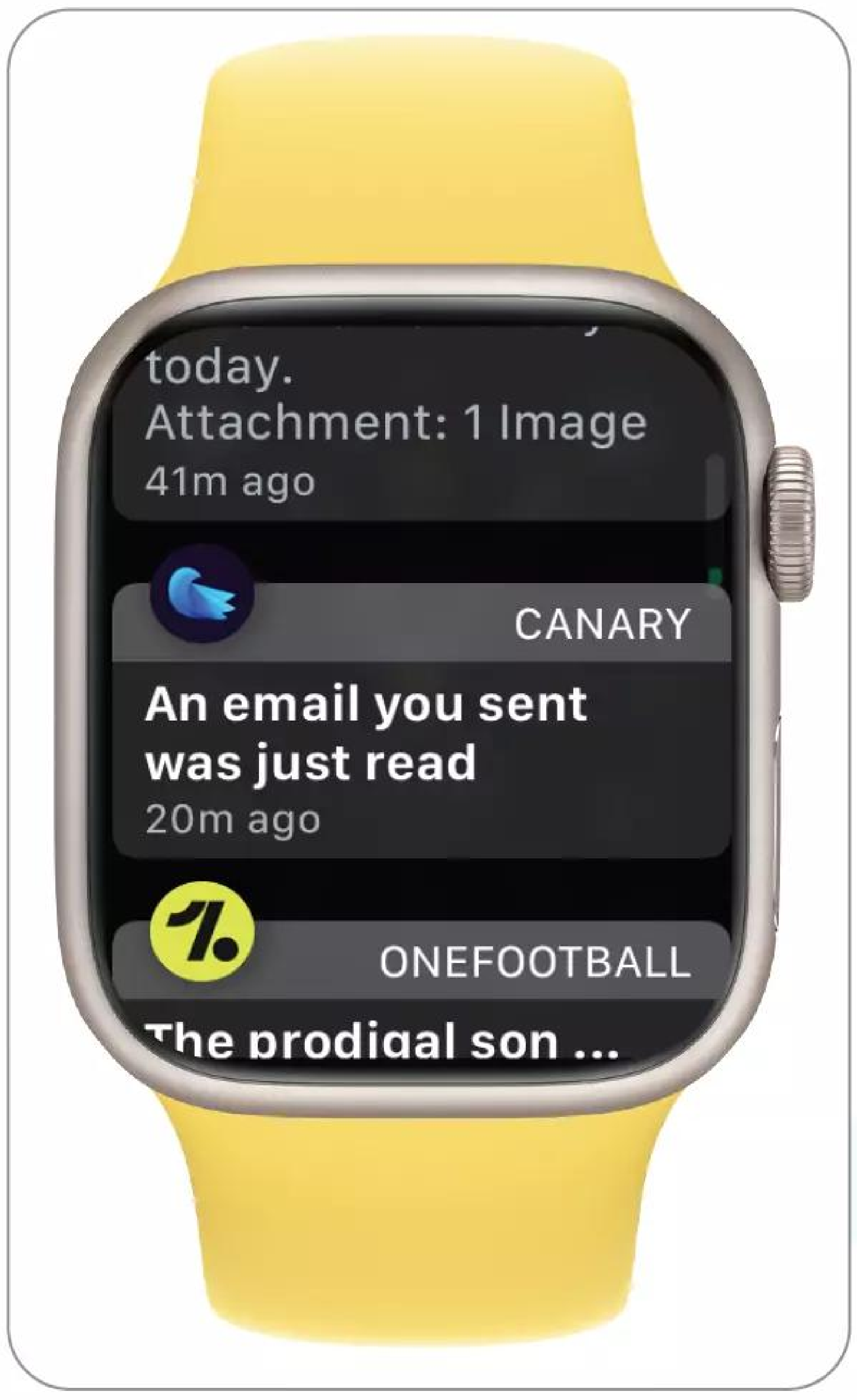
today.
Attachment: 1 Image
41m ago
CANARY
An email you sent was just read
20m ago
ONEFOOTBALL
The prodigal son

Using Your Notifications

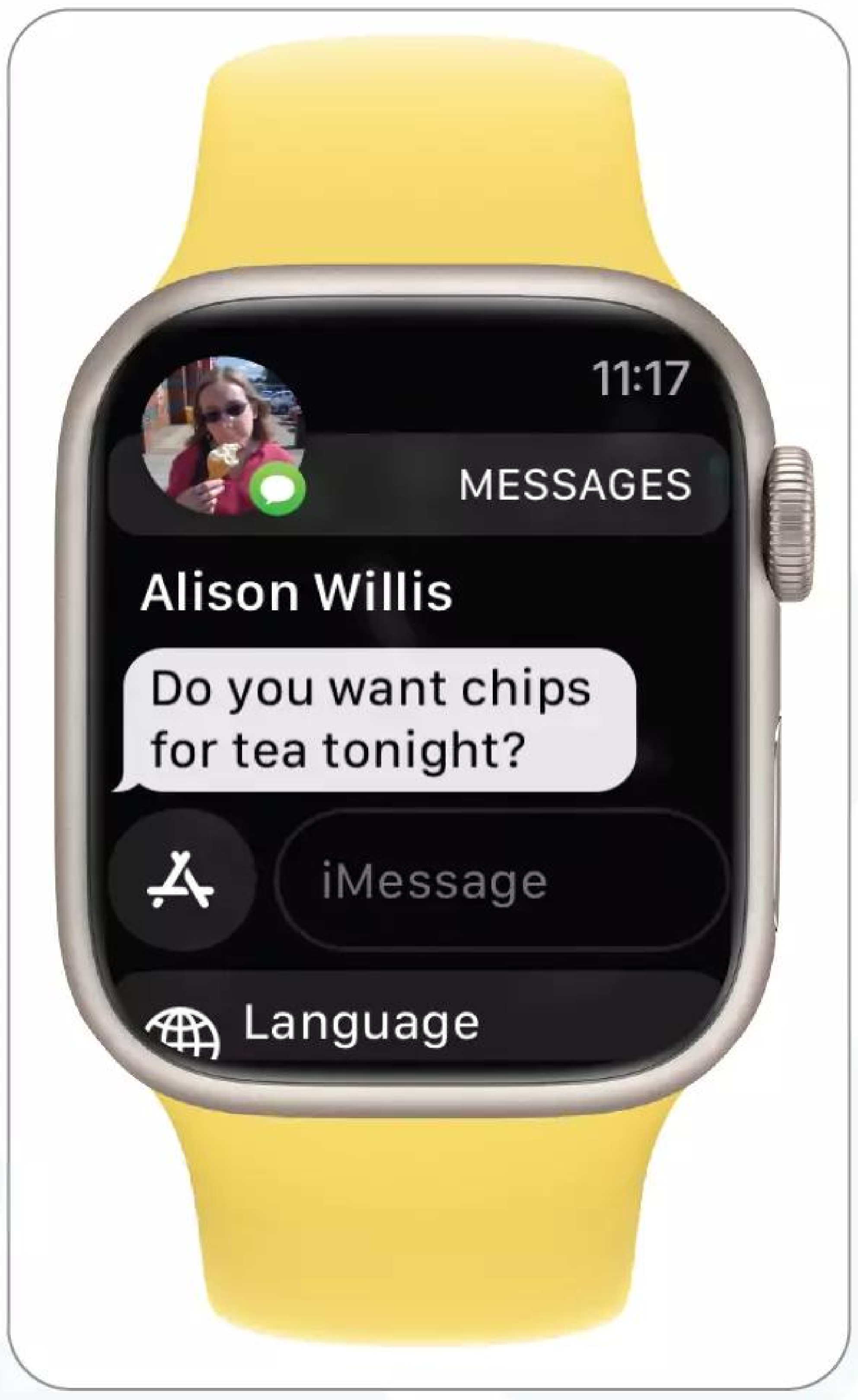
Making use of the Apple Watch's notifications feature is easy. Follow this guide and you'll soon have a huge amount of information right there at your fingertips, sent by your favourite apps and services on your Apple Watch.



1 When your Apple Watch has received a notification which you haven't yet read, a red dot is shown at the top of the screen. Swipe down on the screen to review your notifications, whether read or unread.


today.
Attachment: 1 Image
41m ago
CANARY
An email you sent was just read
20m ago
ONEFOOTBALL
The prodigal son ...

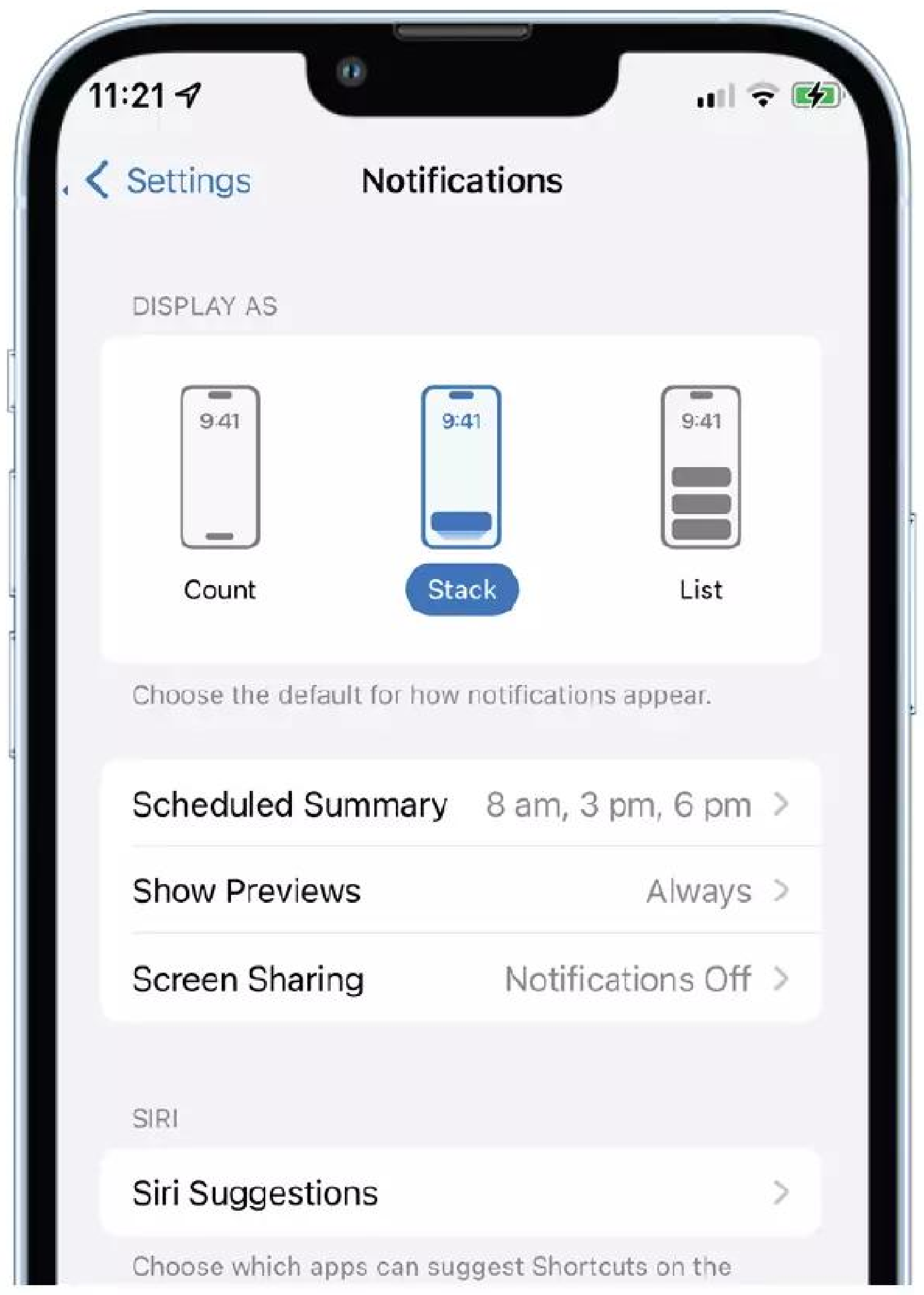
2 Scroll through notifications with the Digital Crown. You get previews of each item; tap one for the full notification. If it's a first-party app, tap again to go to the app that created it, eg, an email takes you to the Mail app.


11:17
MESSAGES
Alison Willis
Do you want chips for tea tonight?

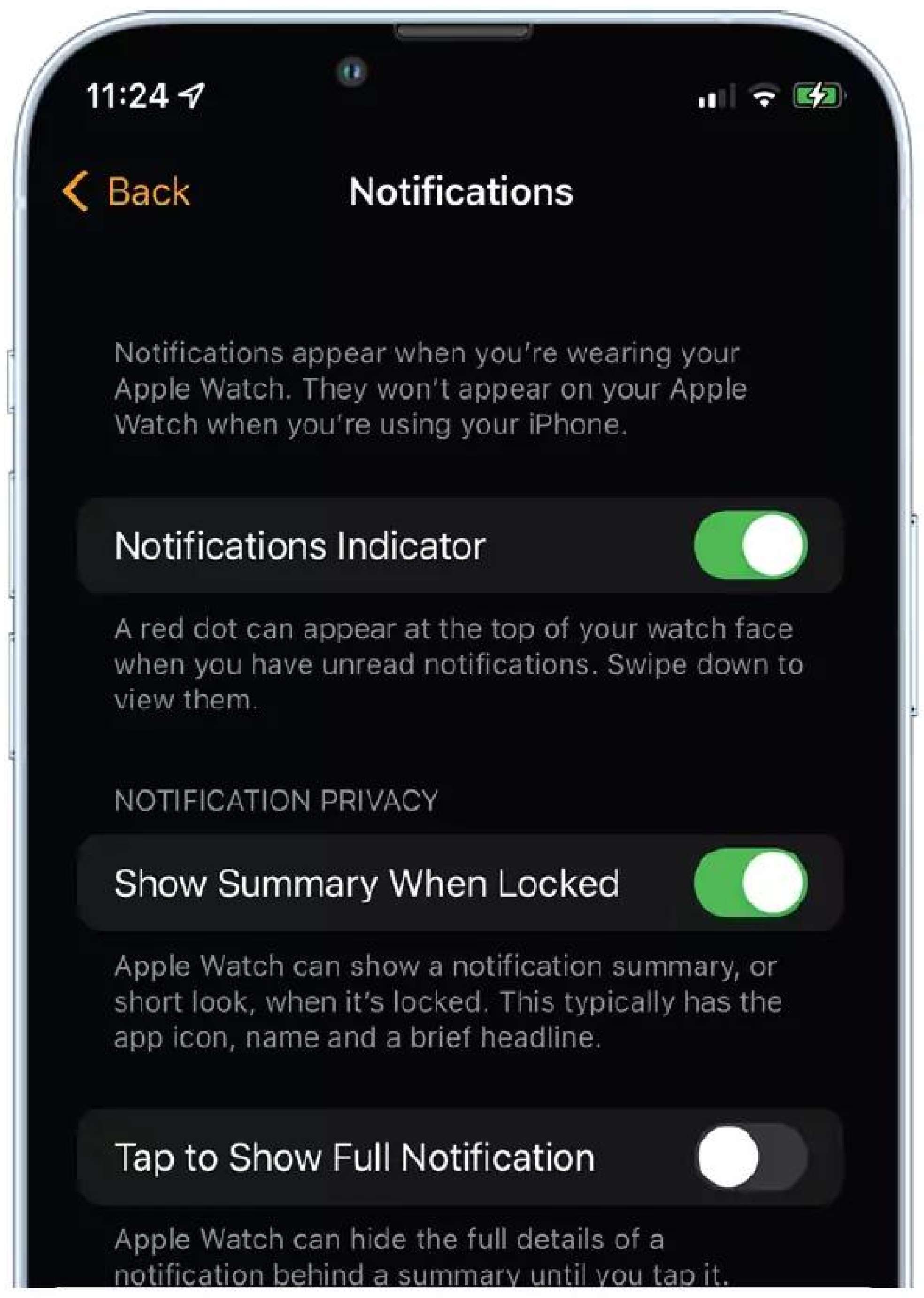
3 Look at your watch as soon as you hear the notification tone and you see an indicator from the app that sent it, followed by the notification itself. You can stop this happening if you wish. Read on to see how.

Configuring Your Notifications

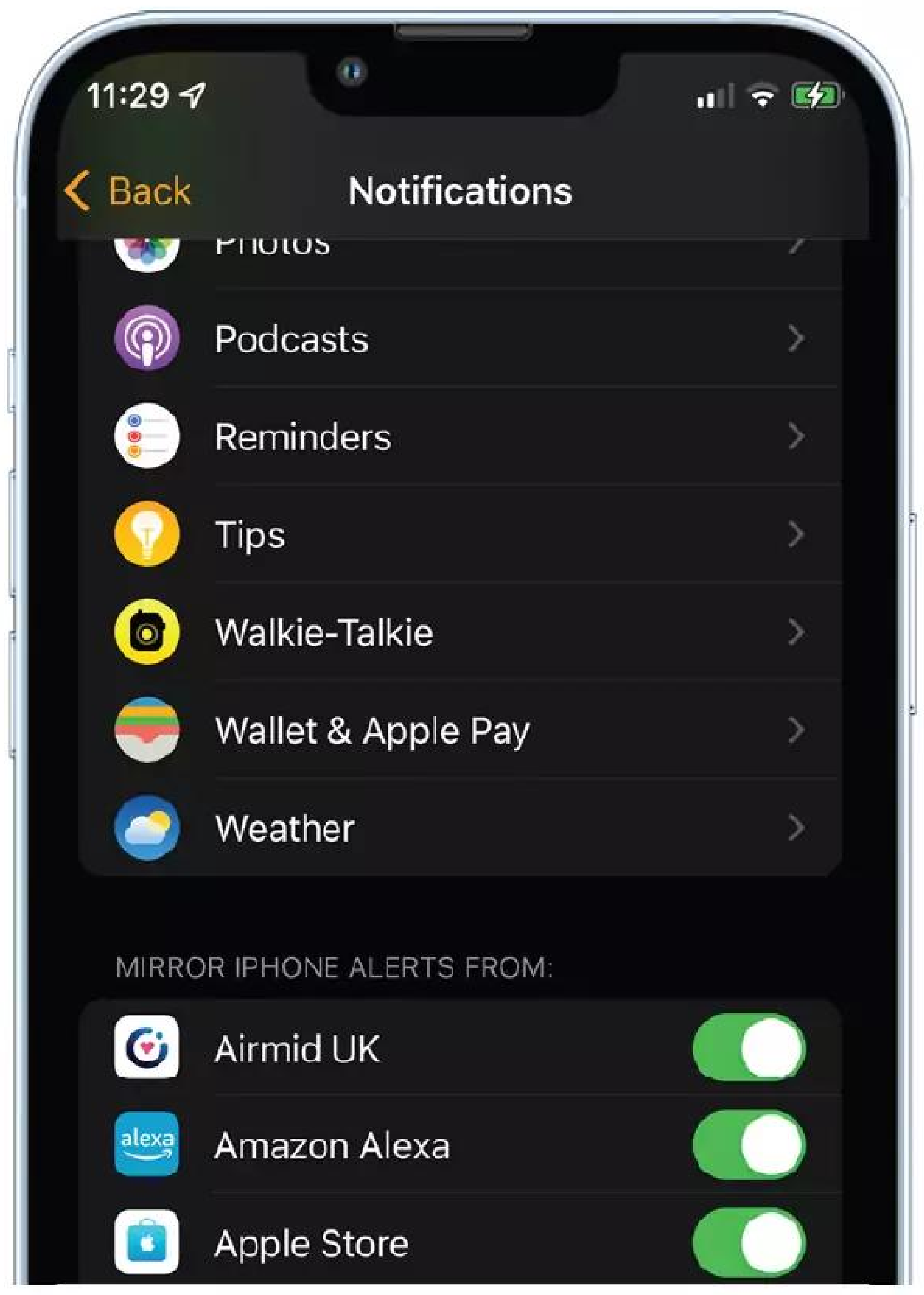
Your Apple Watch's notifications service is far more effective when you've configured it to suit your specific needs. Here's a brief guide to doing just that, using the iPhone's Watch app.


11:21
Settings — Notifications
DISPLAY AS
Count | Stack | List
Choose the default for how notifications appear.
Scheduled Summary: 8 am, 3 pm, 6 pm
Show Previews: Always
Screen Sharing: Notifications Off
SIRI
Siri Suggestions
Choose which apps can suggest Shortcuts on the

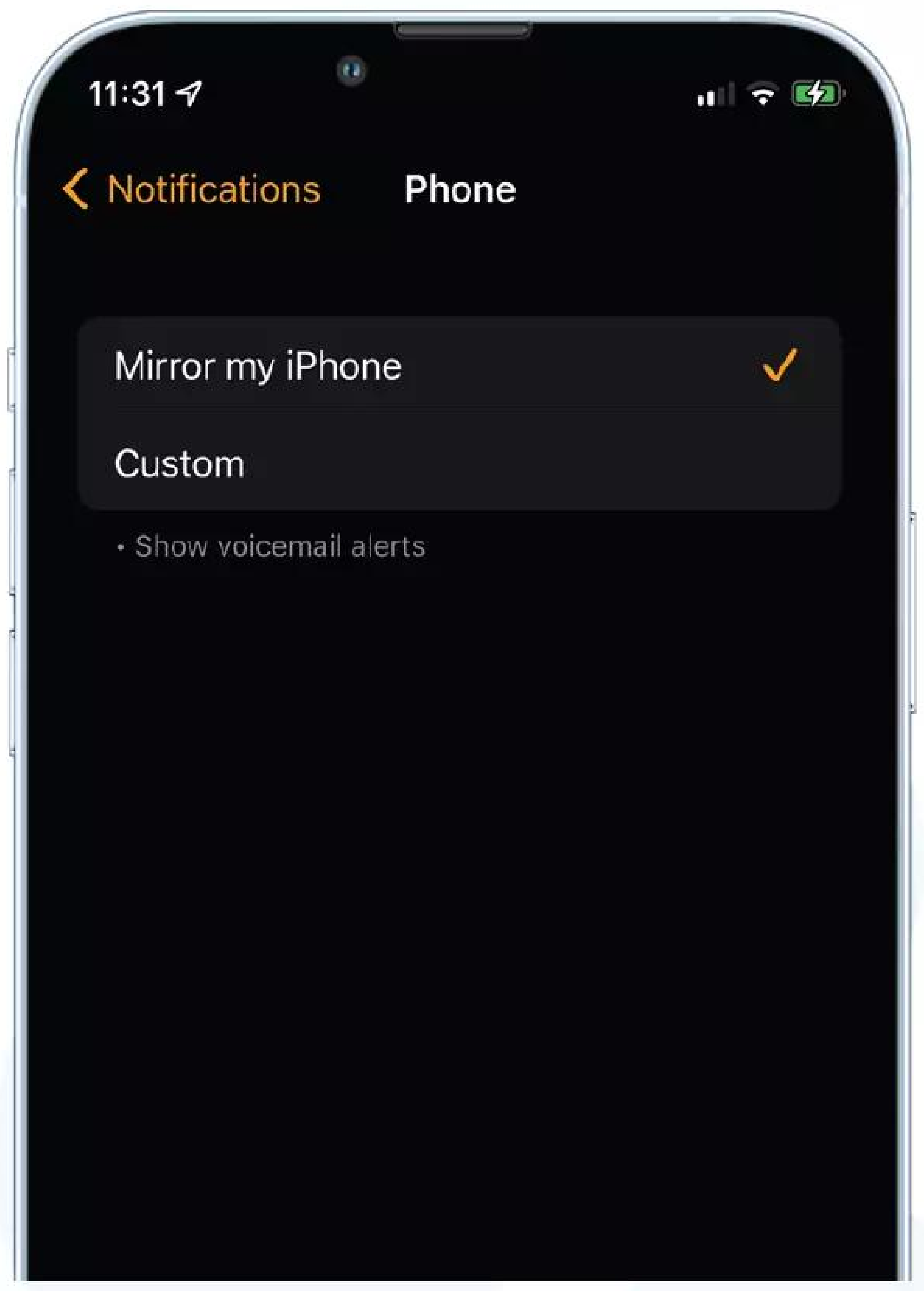
1 On your iPhone open the Settings app and go to Notifications. Tap on an app name to see how that particular app sends notifications to your iPhone. When its Apple Watch component is set to 'Mirror iPhone', this is what the setting does.


11:24
Back — Notifications
Notifications appear when you're wearing your Apple Watch. They won't appear on your Apple Watch when you're using your iPhone.
Notifications Indicator: On
A red dot can appear at the top of your watch face when you have unread notifications. Swipe down to view them.
NOTIFICATION PRIVACY
Show Summary When Locked: On
Apple Watch can show a notification summary, or short look, when it's locked. This typically has the app icon, name and a brief headline.
Tap to Show Full Notification: Off
Apple Watch can hide the full details of a notification behind a summary until you tap it.

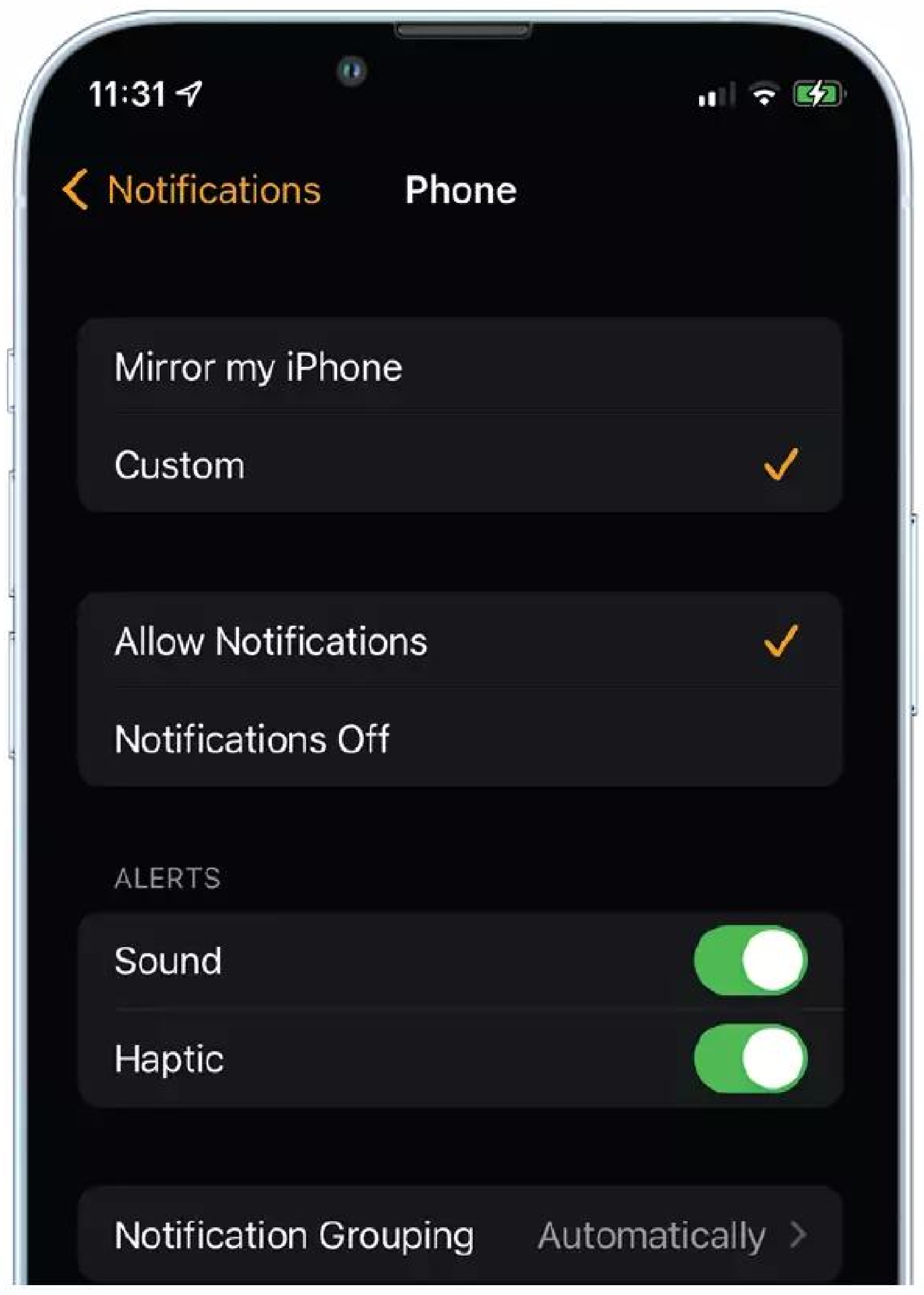
2 Now open the iPhone's Watch app and go to My Watch > Notifications. The first option switches on and off the red notification indicator mentioned earlier. The Notification Privacy section lets you configure how notifications are shown on your watch.


11:29
Back — Notifications
Photos
Podcasts
Reminders
Tips
Walkie-Talkie
Wallet & Apple Pay
Weather
MIRROR IPHONE ALERTS FROM:
Airmid UK: On
Amazon Alexa: On
Apple Store: On

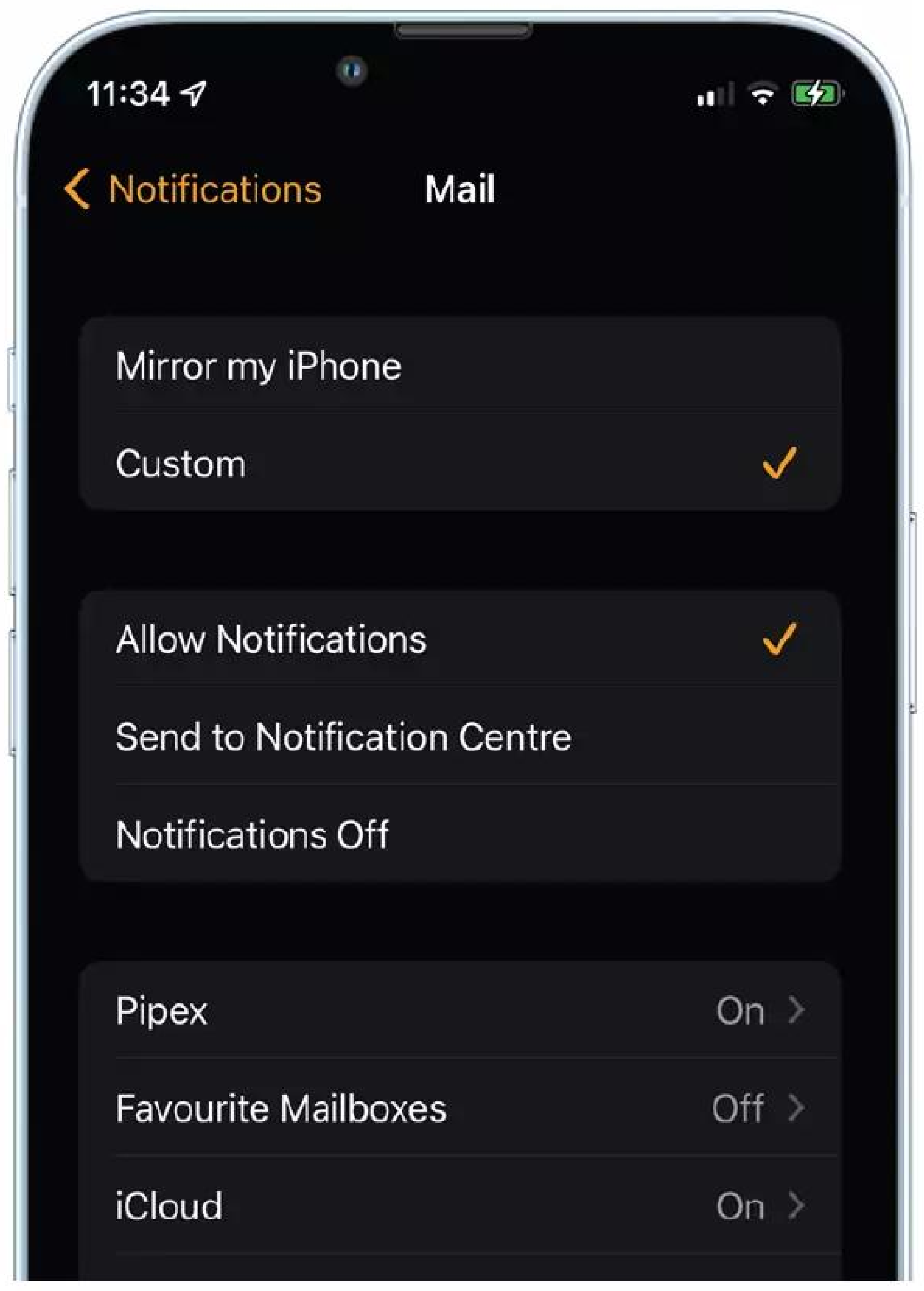
3 The apps list is divided into two sections. The first list is of built-in apps; tap one to see its individual notification settings. The second list is mostly third-party apps, with a switch to mirror the iPhone notification settings or turn them off.


11:31
Notifications — Phone
Mirror my iPhone ✓
Custom
• Show voicemail alerts

4 Each app has its own notification options. If you choose to Mirror my iPhone, the settings are the same as the ones you set for the iPhone version of the app; it's in the iPhone's Settings app under Notifications (see Step 1).


11:31
Notifications — Phone
Mirror my iPhone
Custom ✓
Allow Notifications ✓
Notifications Off
ALERTS
Sound: On
Haptic: On
Notification Grouping: Automatically

5 If you choose Custom settings you can modify and customise the Apple Watch notifications independently of those set up for the iPhone version of the app. Options chosen here do not change your iPhone's notification settings.


11:34
Notifications — Mail
Mirror my iPhone
Custom ✓
Allow Notifications ✓
Send to Notification Centre
Notifications Off
Pipex: On
Favourite Mailboxes: Off
iCloud: On

6 The notifications for your Mail app can be set up separately for each individual mailbox. Tap on one of them to set up that mailbox's notifications, so you can, for example, have alerts from one mailbox but not the others.

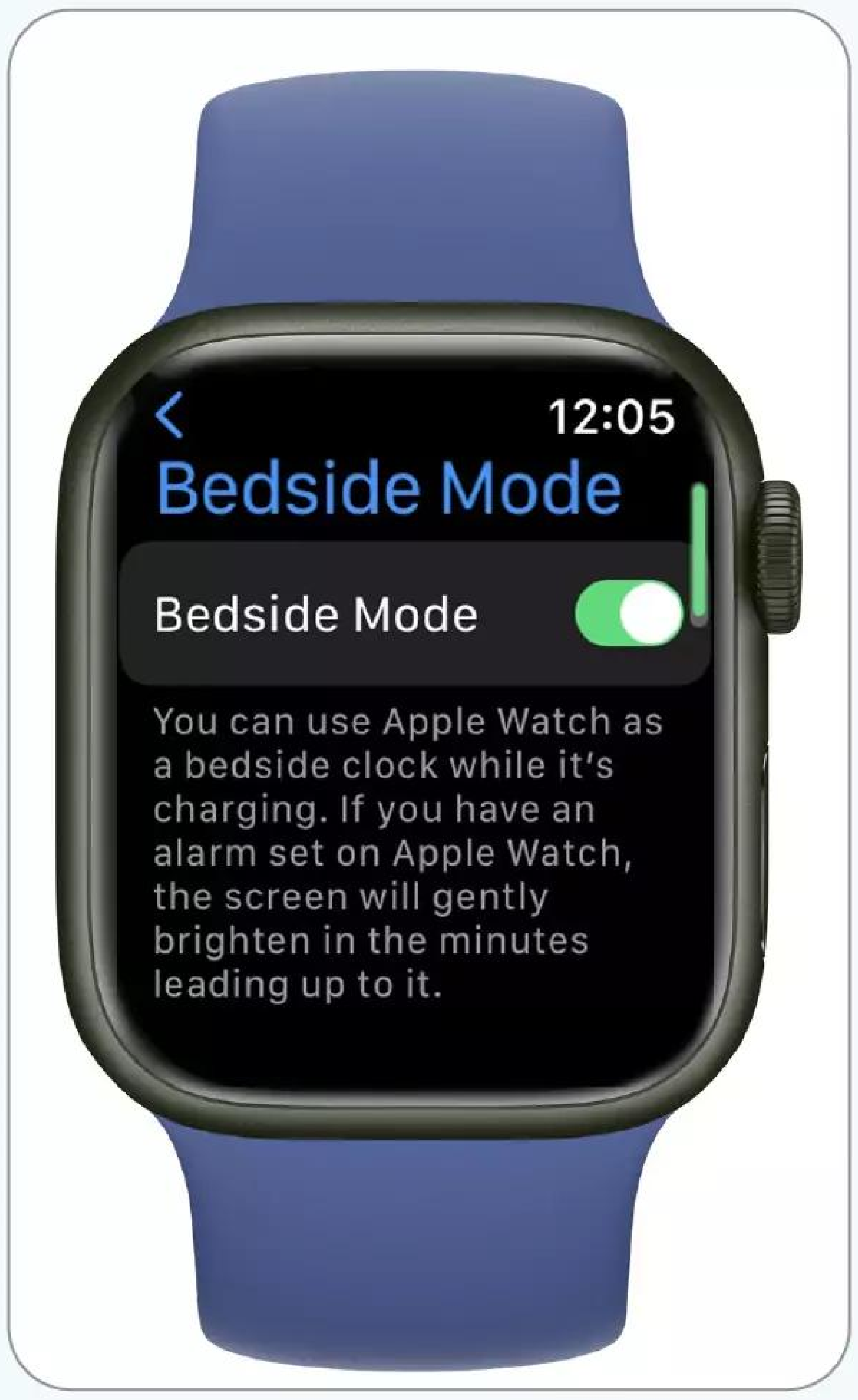
Bedside Mode on Watch

Introduced with watchOS 2.0, the Apple Watch's Bedside Mode (formerly Nightstand Mode) is a real boon for those who charge their watch on their bedside table. When it's active and the watch is charging, you can tap it – or the table it's charging on – to display the time in luminous green digits.

7:29
Monday 8
Alarm 7:30AM

Setting Up and Using Bedside Mode

Bedside Mode is easy to use, and works regardless of whether you charge your watch on a stand or with just the charging cable. It works whether your watch is in landscape mode or portrait mode too.



Bedside Mode

Bedside Mode ●

You can use Apple Watch as a bedside clock while it's charging. If you have an alarm set on Apple Watch, the screen will gently brighten in the minutes leading up to it.

12:24
Tuesday 2
Alarm 7:00AM

1 To activate your Apple Watch's Bedside Mode, in the watch's Settings app, go to General > Bedside Mode and switch it on. It's as easy as that. Alternatively, in the iPhone's Watch app, go to My Watch > General > Bedside Mode and switch it on there instead.

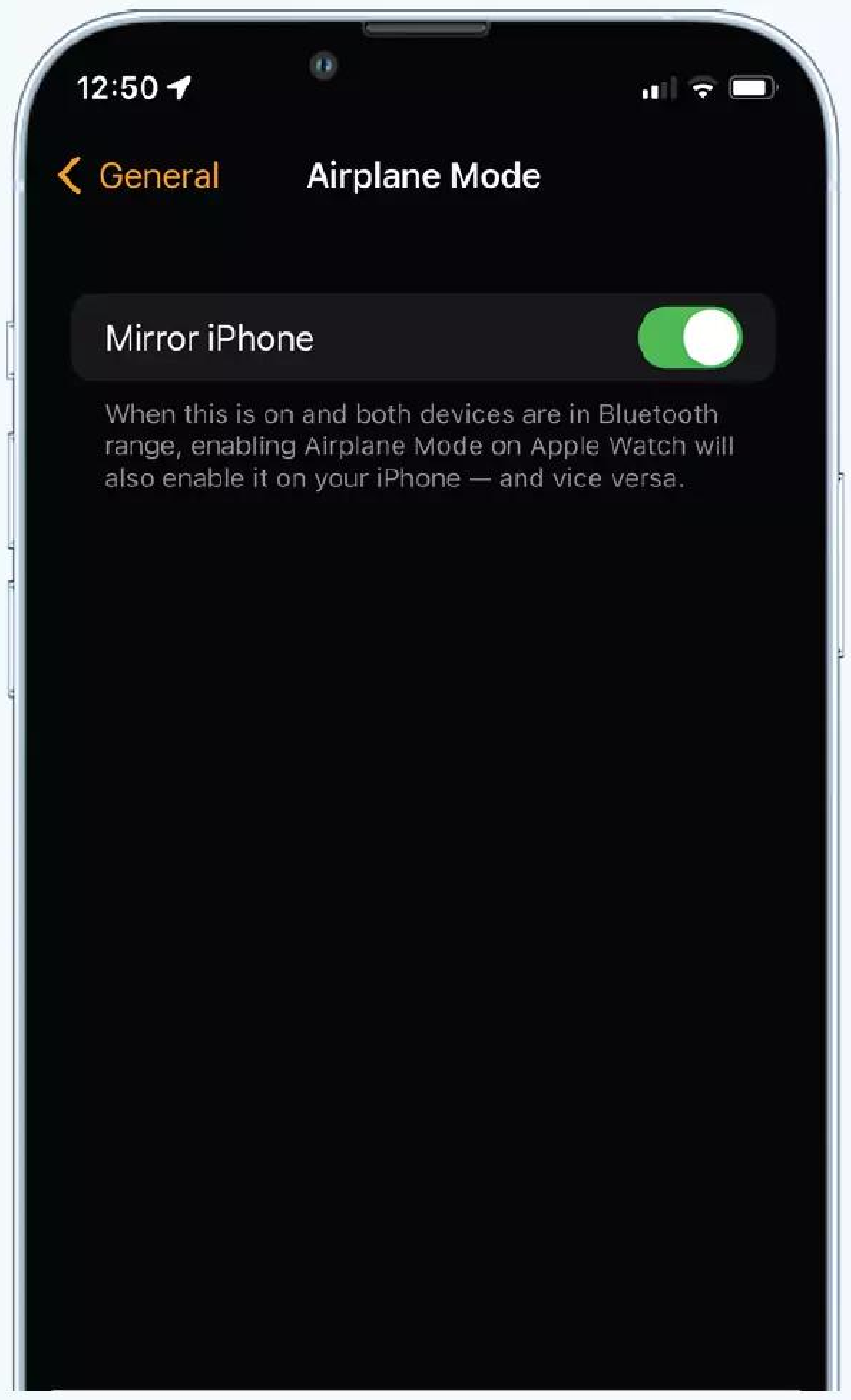
2 For Bedside Mode to function, the watch must be on a charging stand; horizontally, vertically or laid flat. It needs to be charging too. It can't be used if your watch isn't connected to the mains. But if it is, the watch displays the current time, date, next alarm and battery level until it goes to sleep. To bring it out of sleep mode, you need only touch the watch or even tap the table on which it's sat and the figures appear again. It's a really convenient bedside alarm clock for when you're travelling, and many Apple Watch stands are designed to hold the watch in a position where you can see the screen without sitting up.

Airplane Mode on Watch

When your electronic devices are in Airplane Mode, connectivity functions such as Bluetooth, Wi-Fi and phone calls are disabled. This is because airlines demand you close down these features in case they interfere with the plane's navigation systems. Here's how to use Airplane Mode on your Apple Watch.

Activating and Deactivating Airplane Mode

With Airplane mode you can safely and legally use your watch on an aircraft. Here's a guide to activating Airplane Mode on your Apple Watch and iPhone, switching off all outside communication.

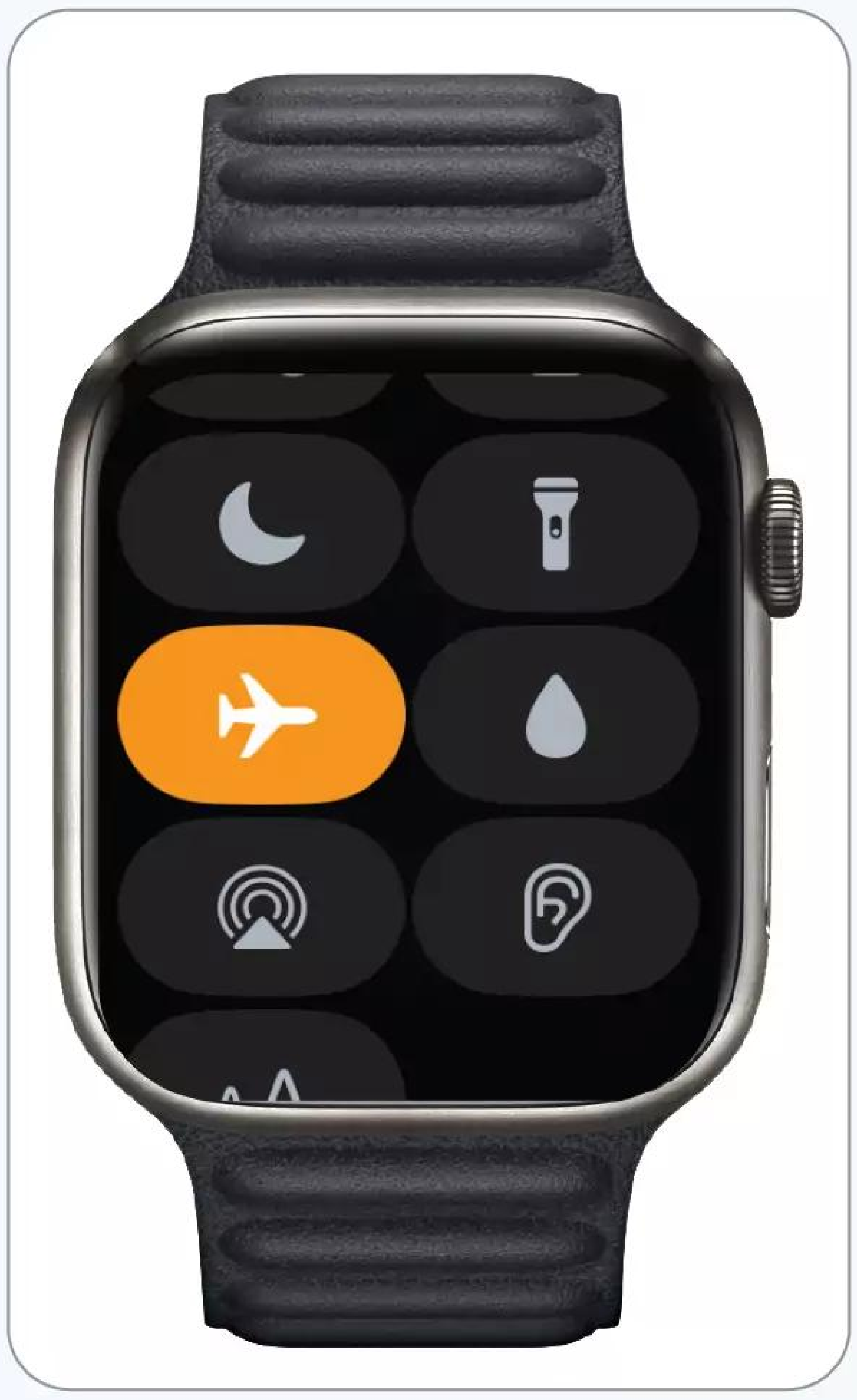


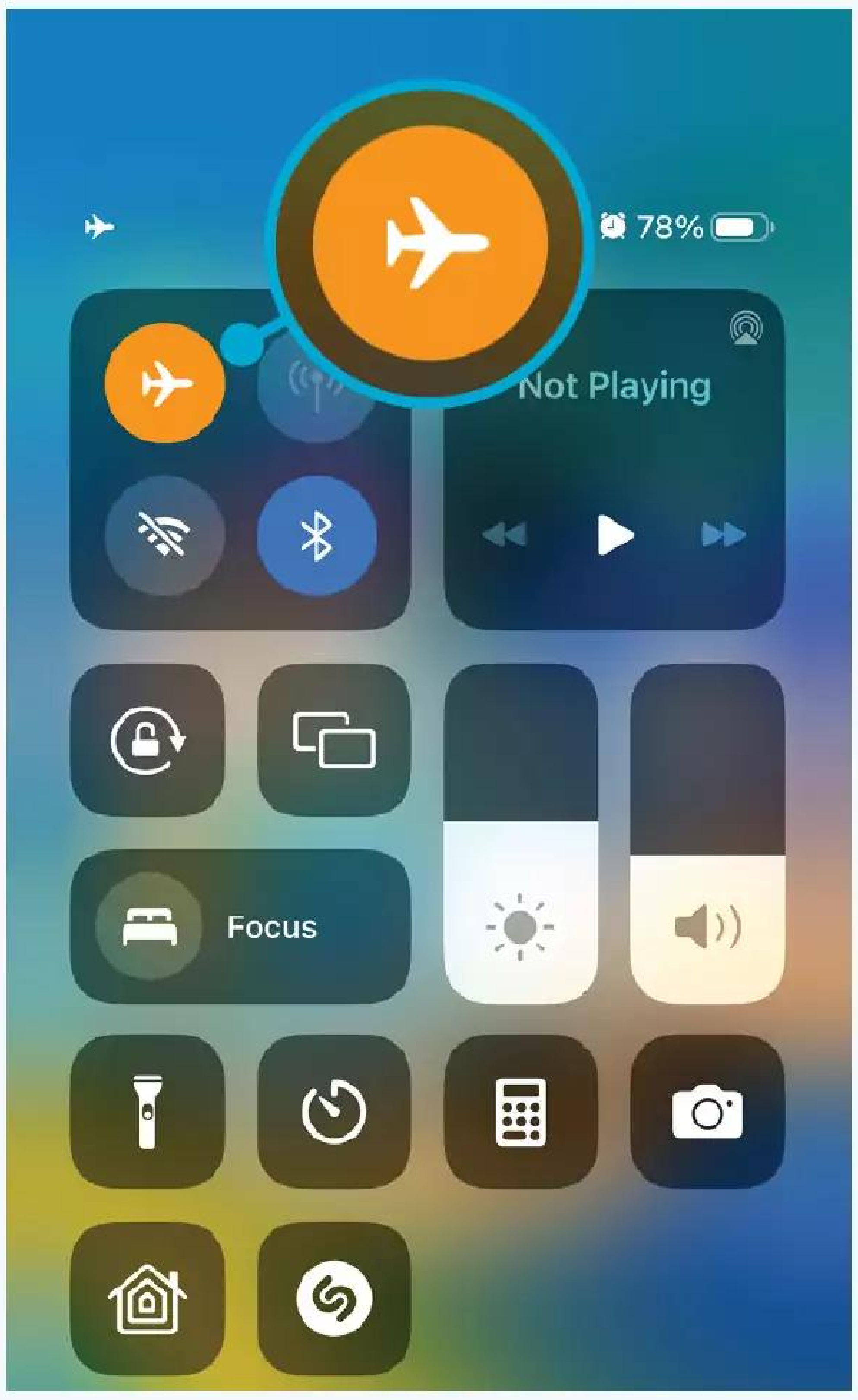
12:50

General | Airplane Mode

Mirror iPhone ●

When this is on and both devices are in Bluetooth range, enabling Airplane Mode on Apple Watch will also enable it on your iPhone — and vice versa.





1 On the iPhone, in the Watch app, open the My Watch tab bottom left. Now go to General > Airplane Mode. You can then choose whether to Mirror iPhone, that is, when the Apple Watch is put into Airplane Mode, the iPhone also activates this mode and vice versa.

2 On the Apple Watch, to activate and deactivate Airplane Mode, open the Settings app and go to Airplane Mode, where you can switch it on or off. When in Airplane Mode, there's an orange aeroplane icon above your watch face to show this mode is currently active.

3 To activate Airplane Mode on your iPhone, swipe in from the top-right corner of the screen for Control Panel and tap the Airplane Mode icon. You can also activate it from your Apple Watch by swiping up from the bottom of the screen and tapping the airplane icon.

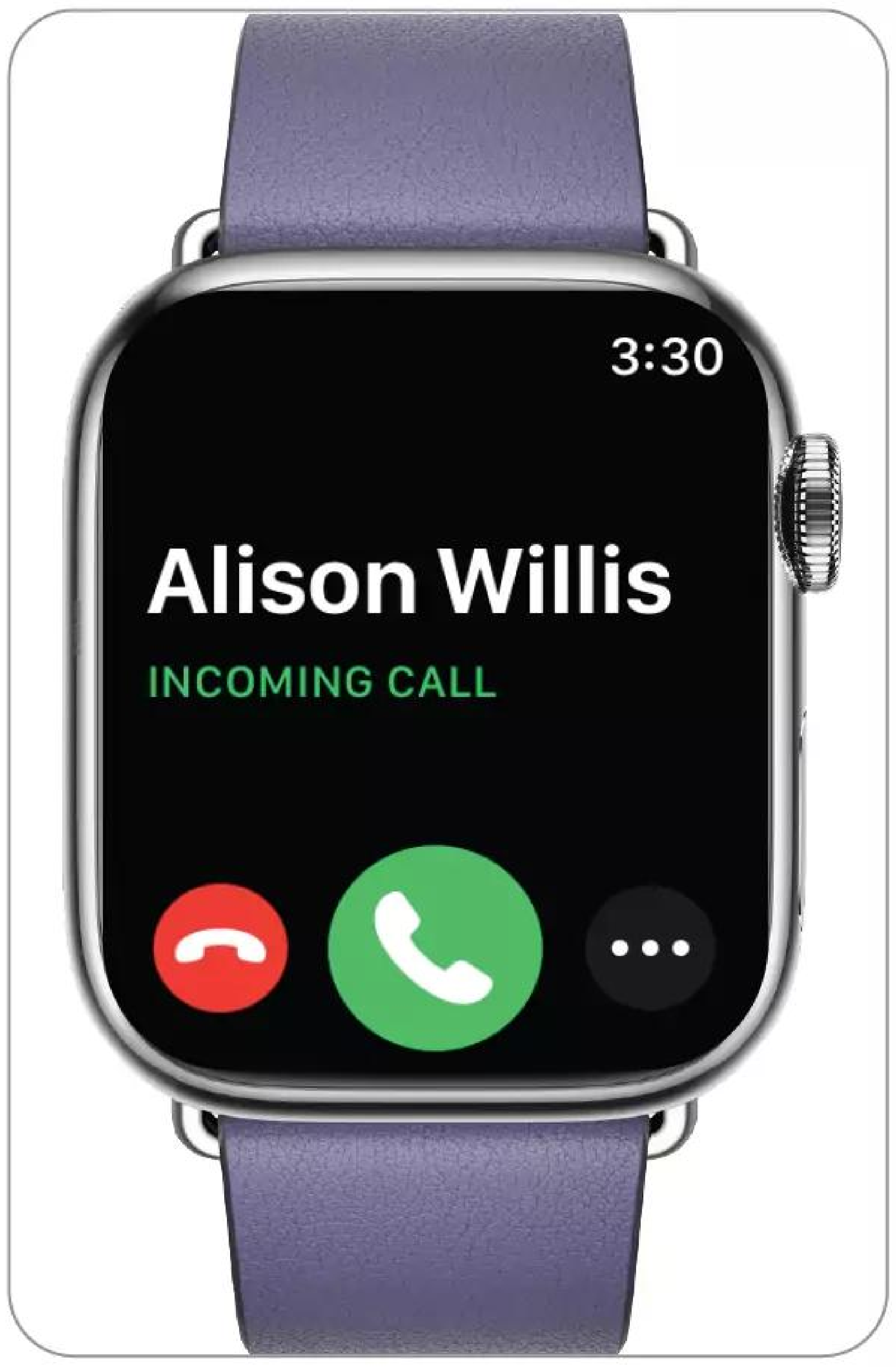
Phone Calls on Your Watch

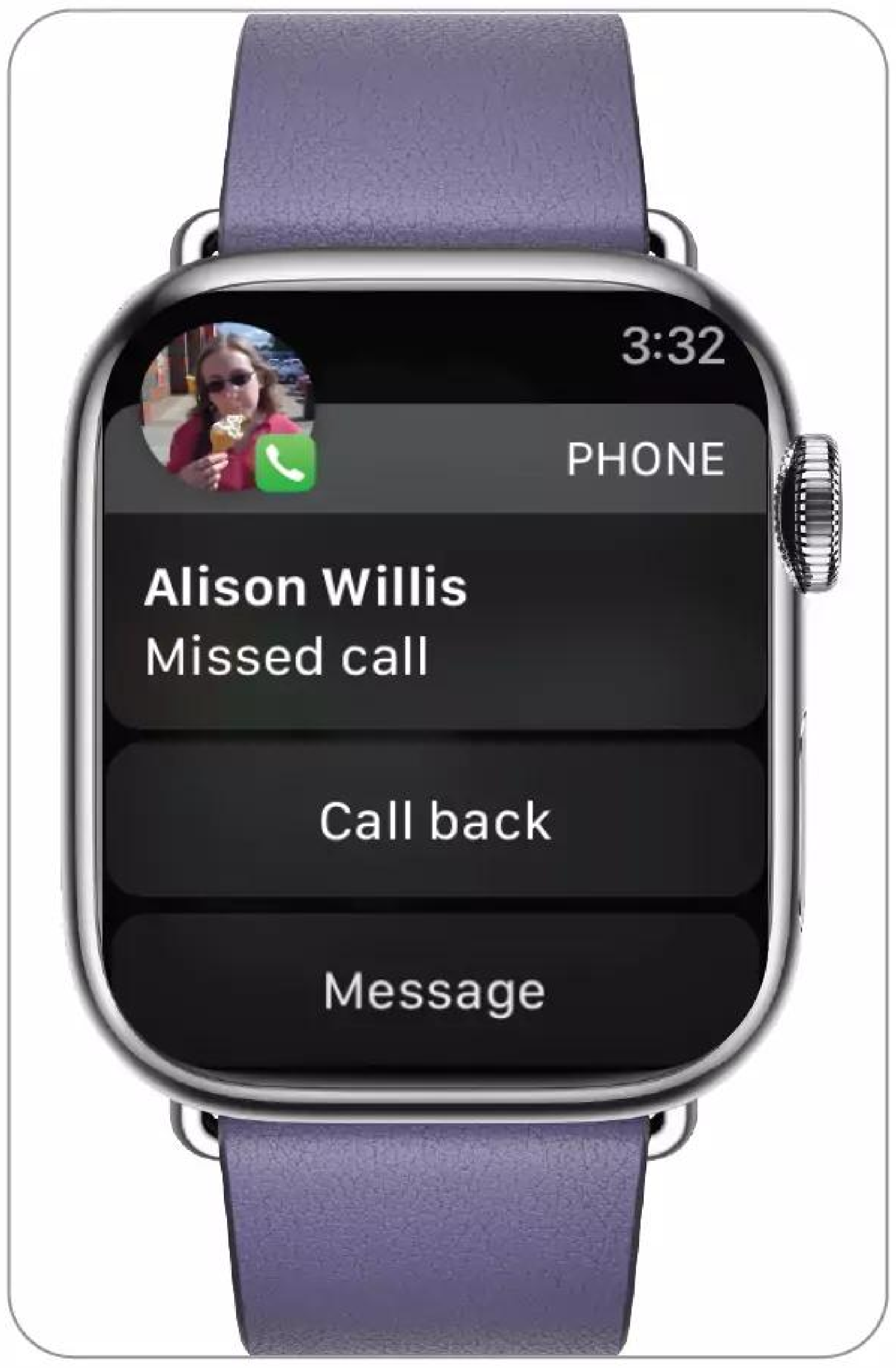
3:30
Alison Willis
INCOMING CALL

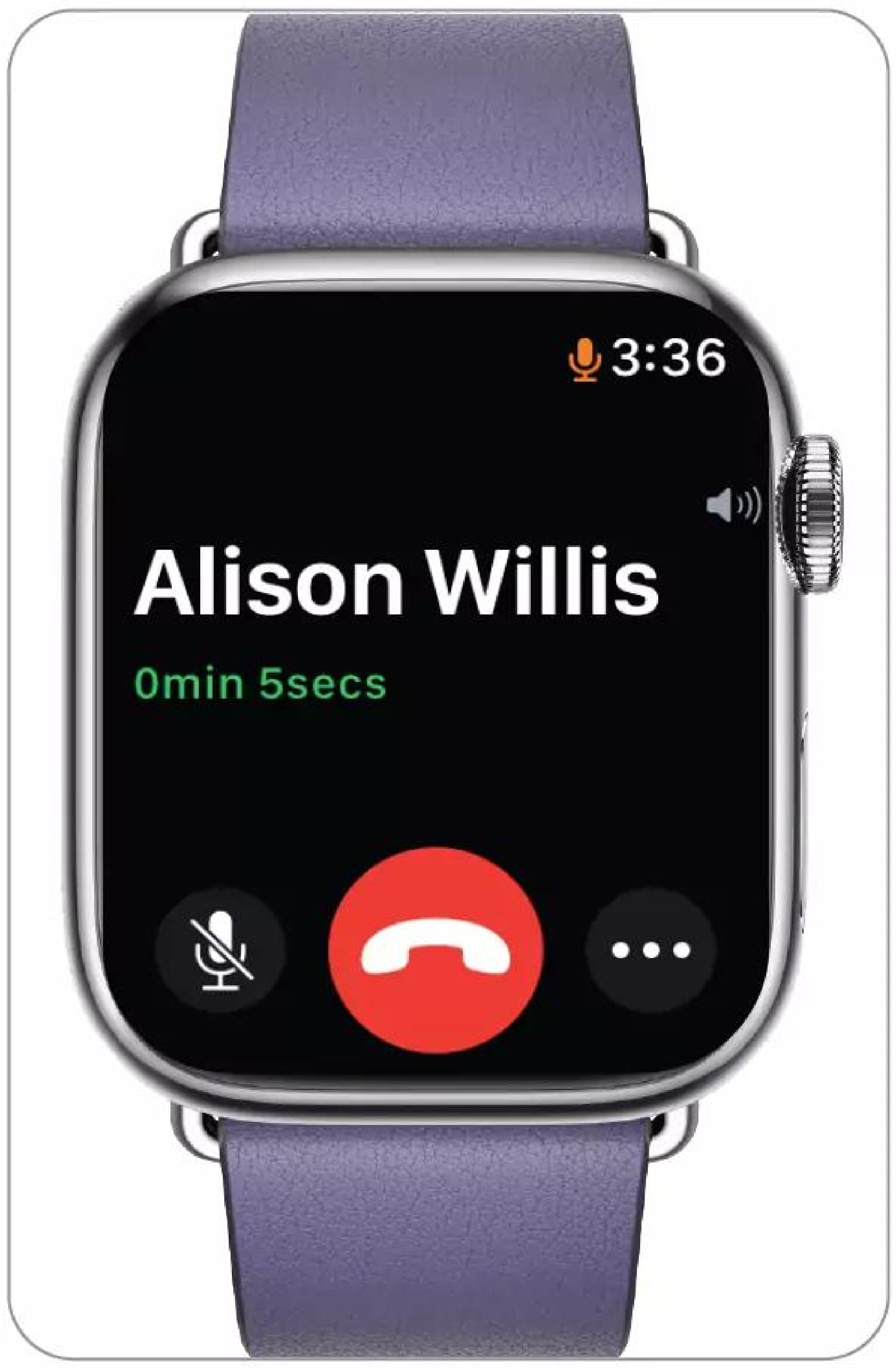
In science fiction movies of old, the hero would take a phone call simply by speaking into his watch. Now those days are here for real. With your Apple Watch, you can make and receive iPhone calls right from your wrist, without even getting your mobile out of your pocket. Here's how to use your Apple Watch for telephone calls and look like a secret agent too.

Taking and Making Calls on Your Watch

If someone rings your iPhone while you're wearing your Apple Watch, the watch rings and vibrates too. You can then take the call on your watch. You can also initiate a call on Apple Watch.



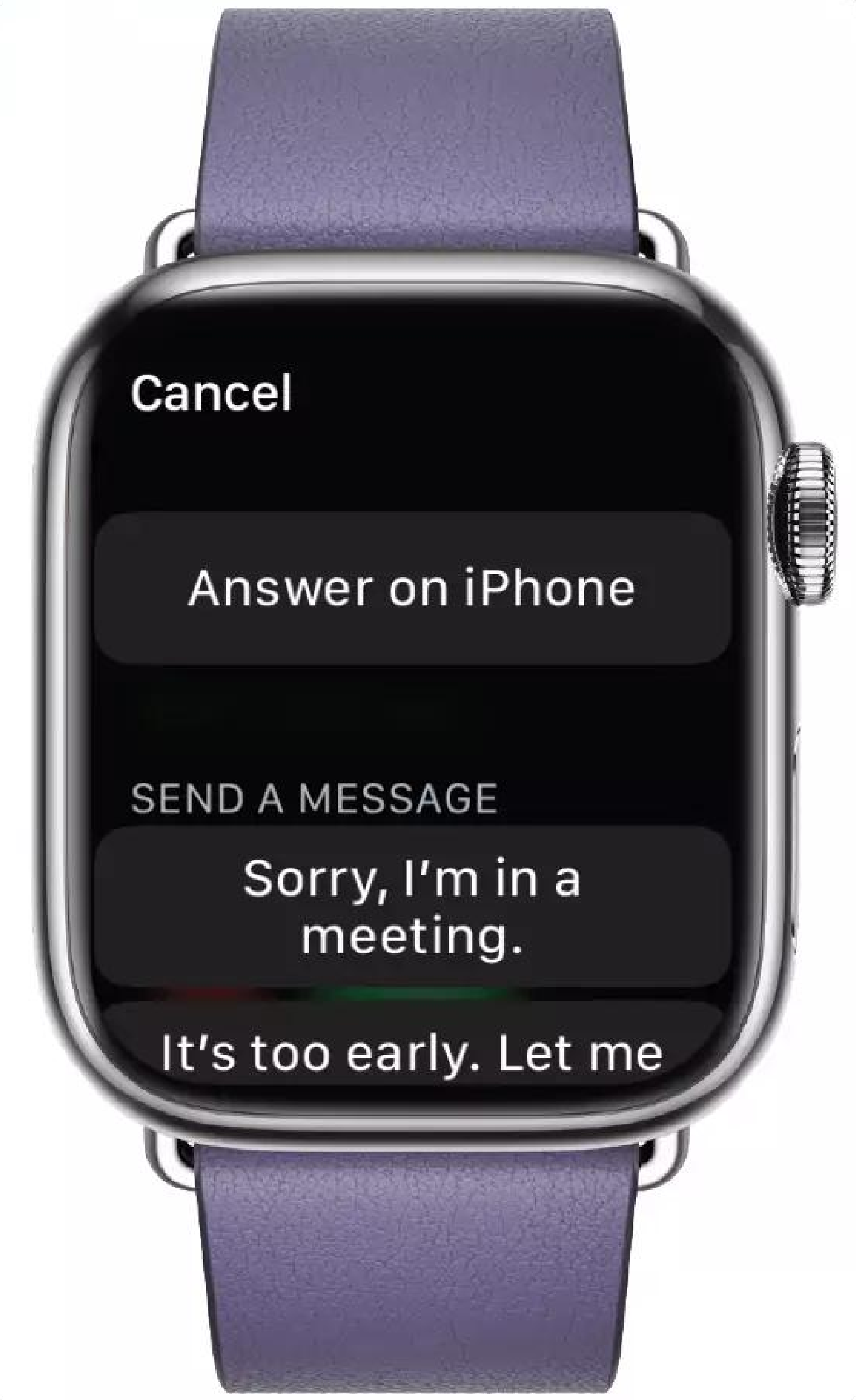


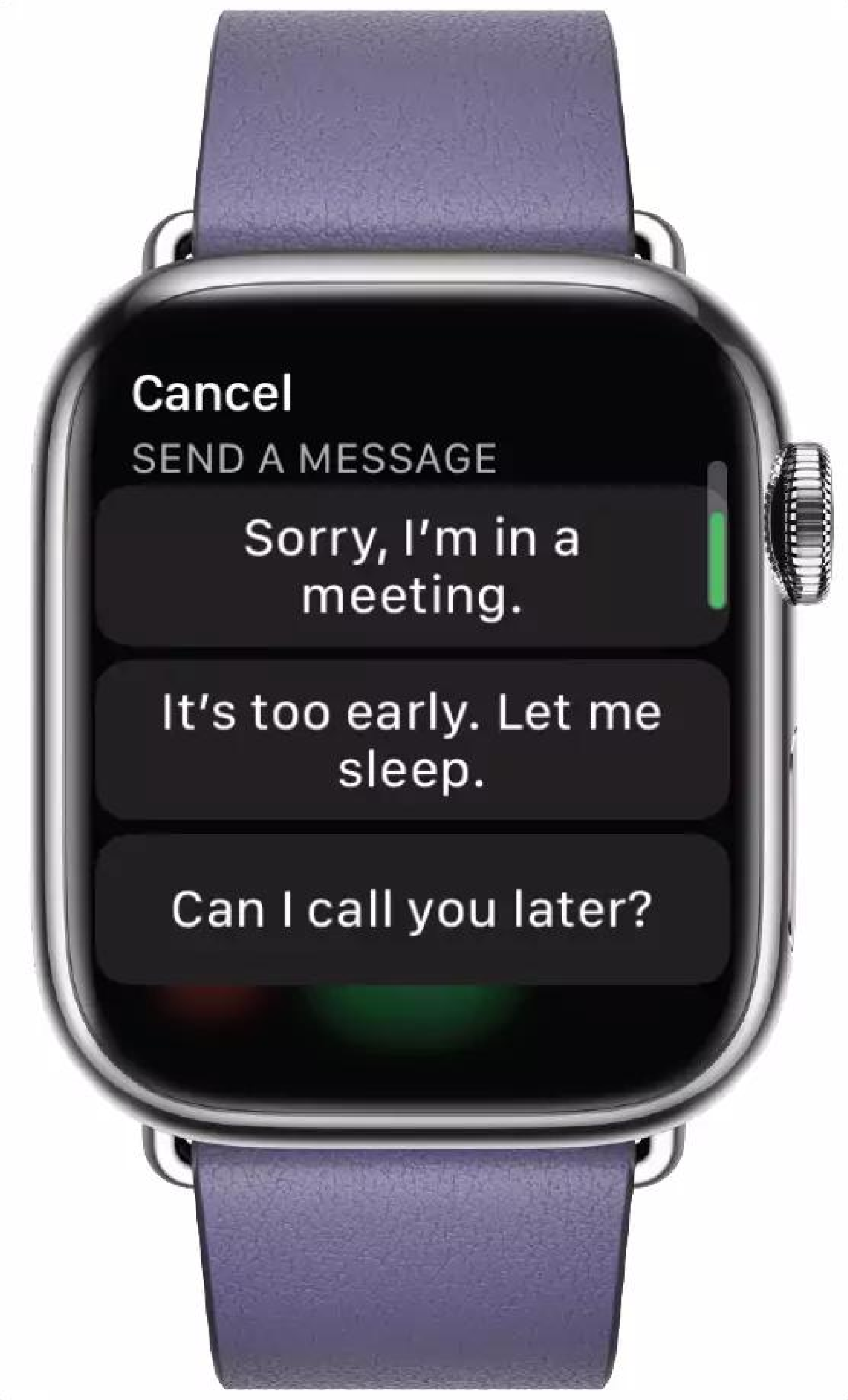


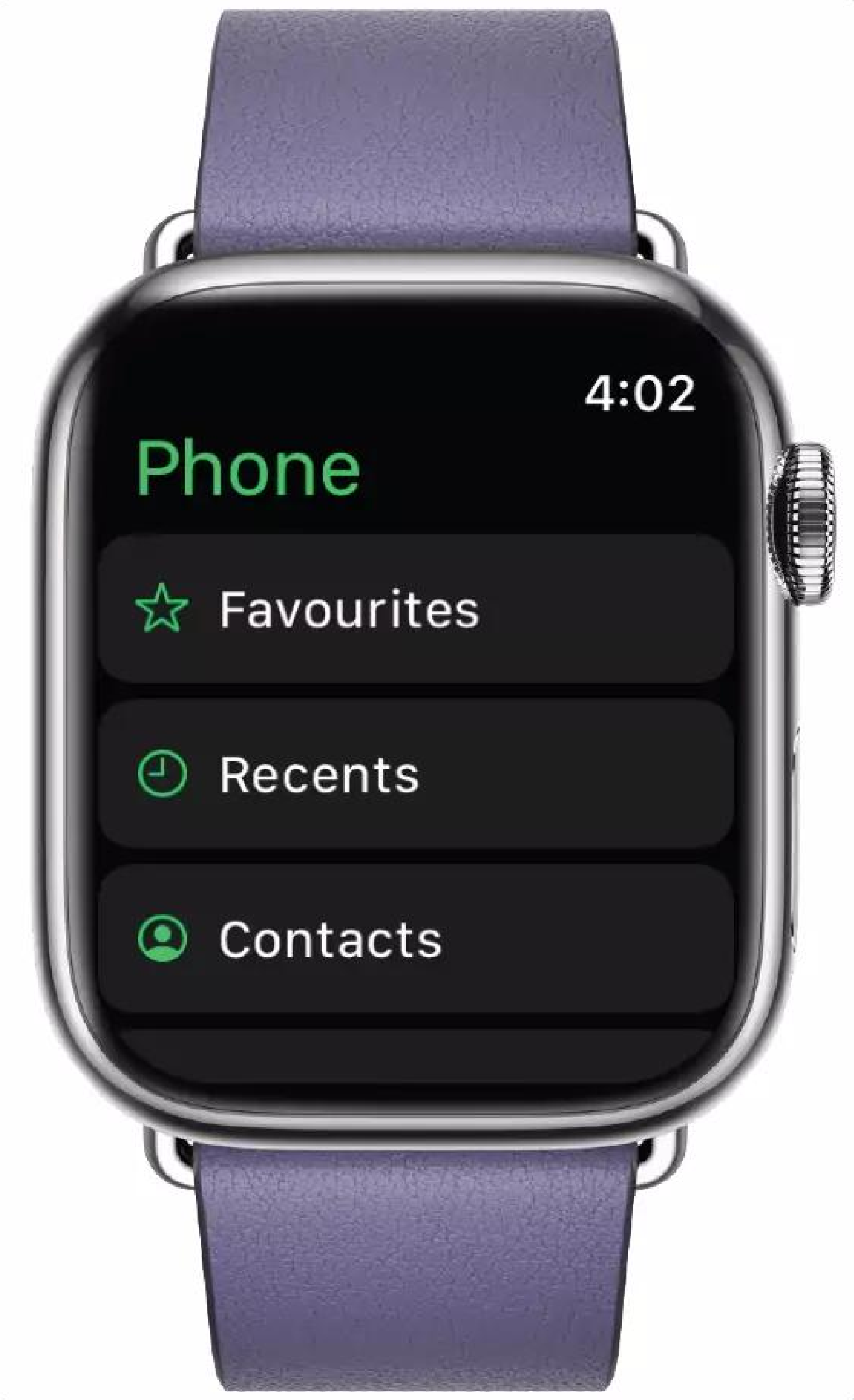
1 When you get an incoming call, your watch screen looks like this. There are two buttons you can press. The green one takes the call on your Apple Watch and the red one declines it. If the caller is in your contacts, a name is shown. If not you see their number.

2 If you're too late and the caller rings off before you can accept or decline the call, you get a Missed Call notification. Tap it for a screen that lets you call back or send a text message to the person who called you. It's useful if you have your hands full.

3 While the call is taking place, use the digital crown to raise or lower the volume. The name of the caller and the duration of the call are shown. Press the red button to end the call or the microphone button to temporarily mute it, and the three-dots button for the keypad.


Cancel
Answer on iPhone
SEND A MESSAGE
Sorry, I'm in a meeting.
It's too early. Let me

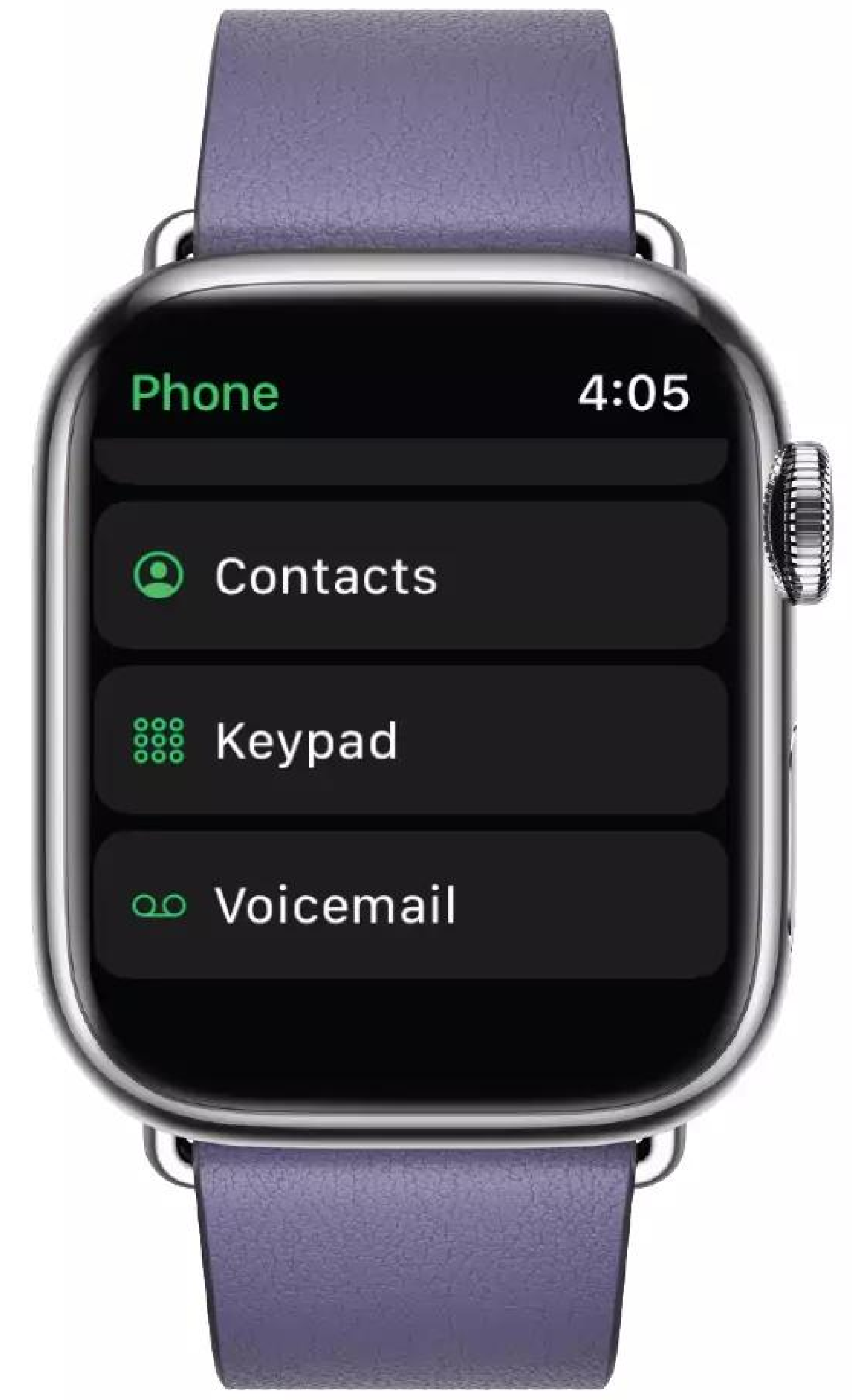

Cancel
SEND A MESSAGE
Sorry, I'm in a meeting.
It's too early. Let me sleep.
Can I call you later?

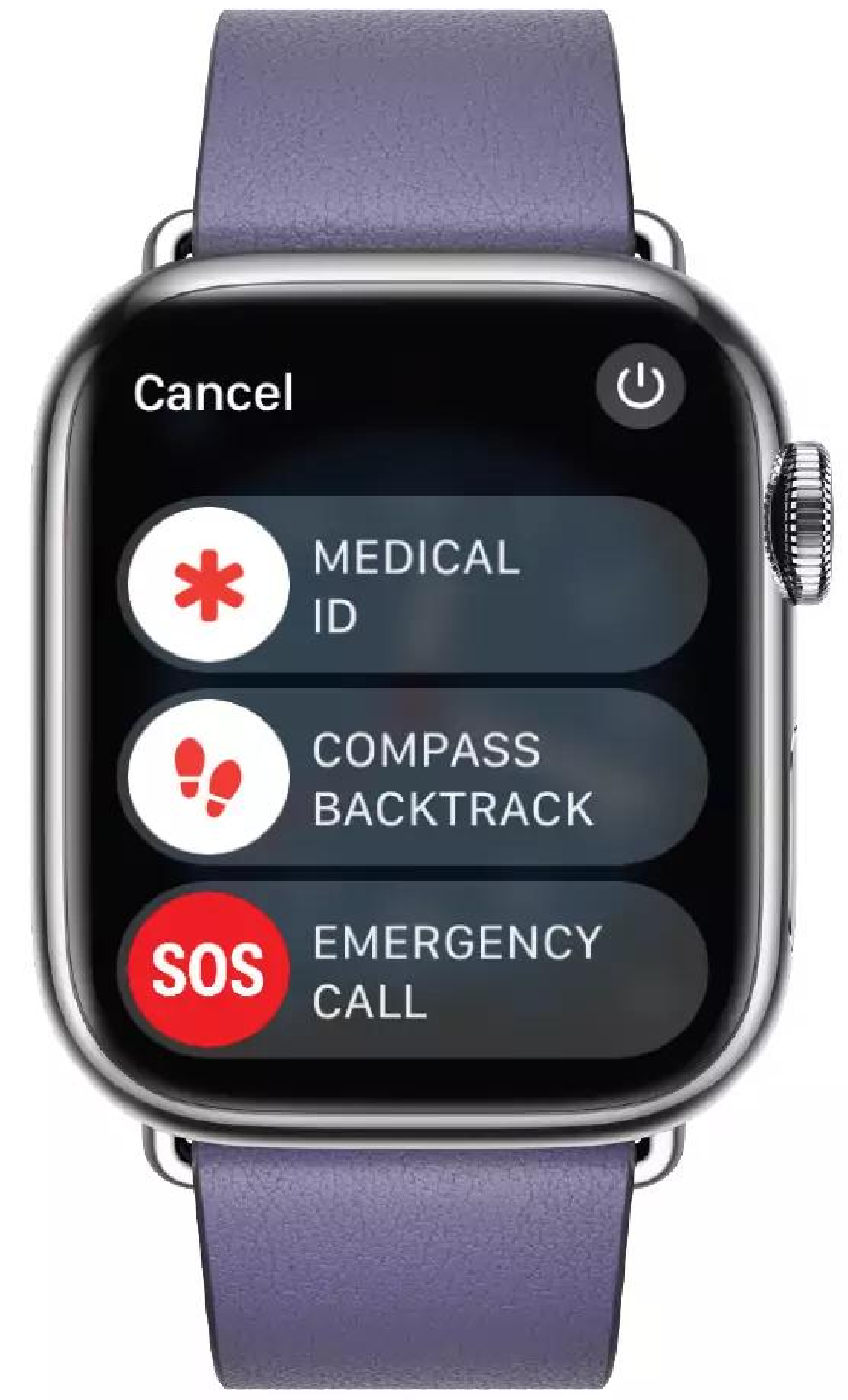

4:02
Phone
Favourites
Recents
Contacts

4 If you'd rather take a call on your iPhone instead of answering on your Apple Watch, maybe because the call is private, when your watch rings tap the three-dots button. On this screen tap the Answer on iPhone button, found at the top, to take the call on your phone.

5 If you'd like to decline a call with a short text message, tap the three-dots button on the incoming call screen, and scroll to see these messages. Tap one to send it. Also, placing your hand over the watch face stops it ringing, but doesn't immediately decline the call.

6 To initiate a phone call from your Apple Watch, first open the Phone app. You can do this in the usual way, by pressing the Digital Crown and navigating to the app's icon, but there's a quicker way too. Simply press the Digital Crown twice to go straight there.

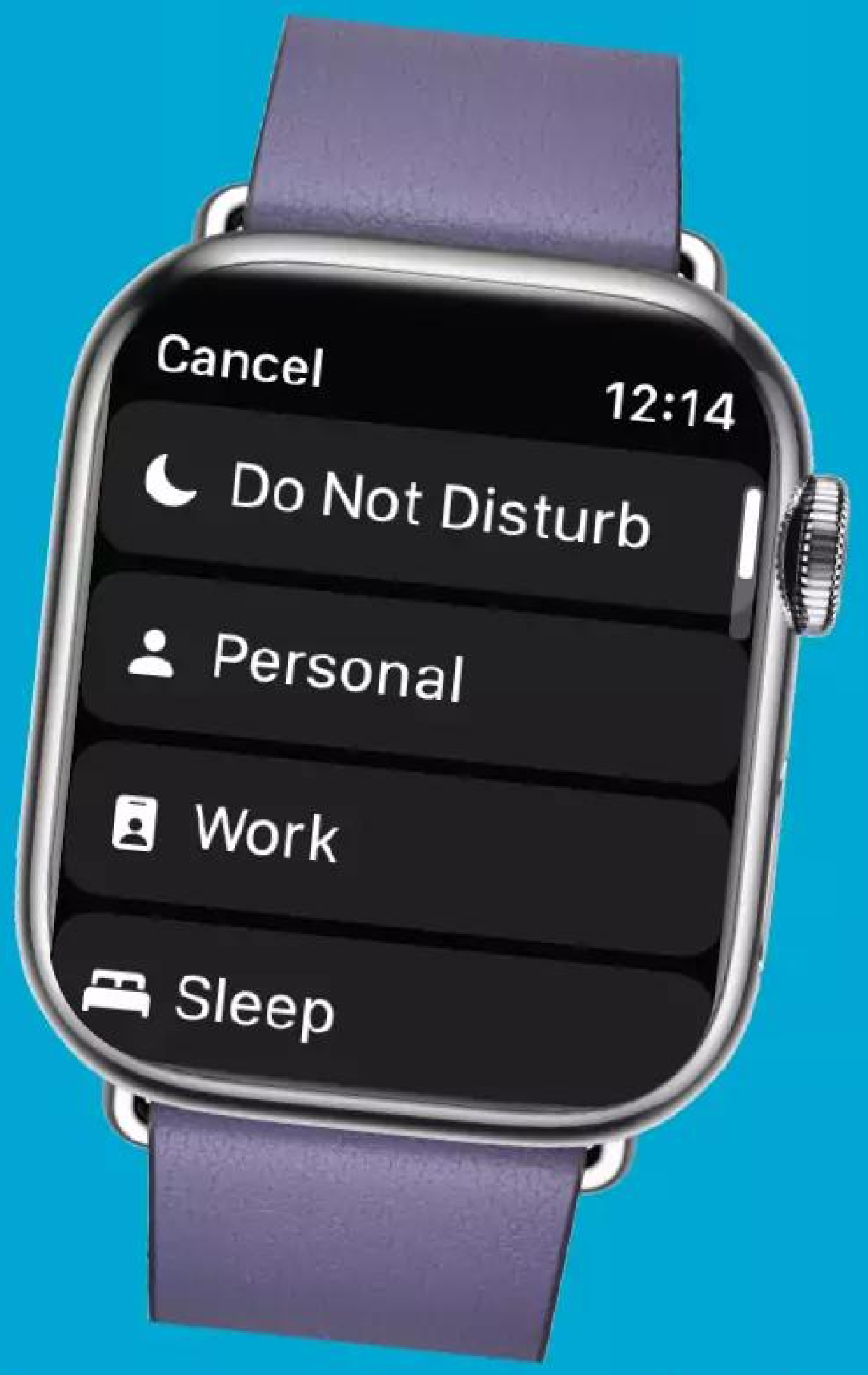

Phone
4:05
Contacts
Keypad
Voicemail


Cancel
MEDICAL ID
COMPASS BACKTRACK
SOS
EMERGENCY CALL

7 From the Phone app screen, you can select contacts you've designated as Favourites, recent callers or your Contacts app. Tap a phone icon to make a call. Alternatively, tap Keypad to type a number to call. To take your voicemails, scroll up to the Voicemail button.

8 To call your country's emergency number, press and hold the Side Button until the sliders appear, then slide the Emergency SOS option. If you can't use the slider, keep holding the Side Button and a timer counts down from five, making the call when it's finished.

Do Not Disturb


Cancel
12:14
Do Not Disturb
Personal
Work
Sleep

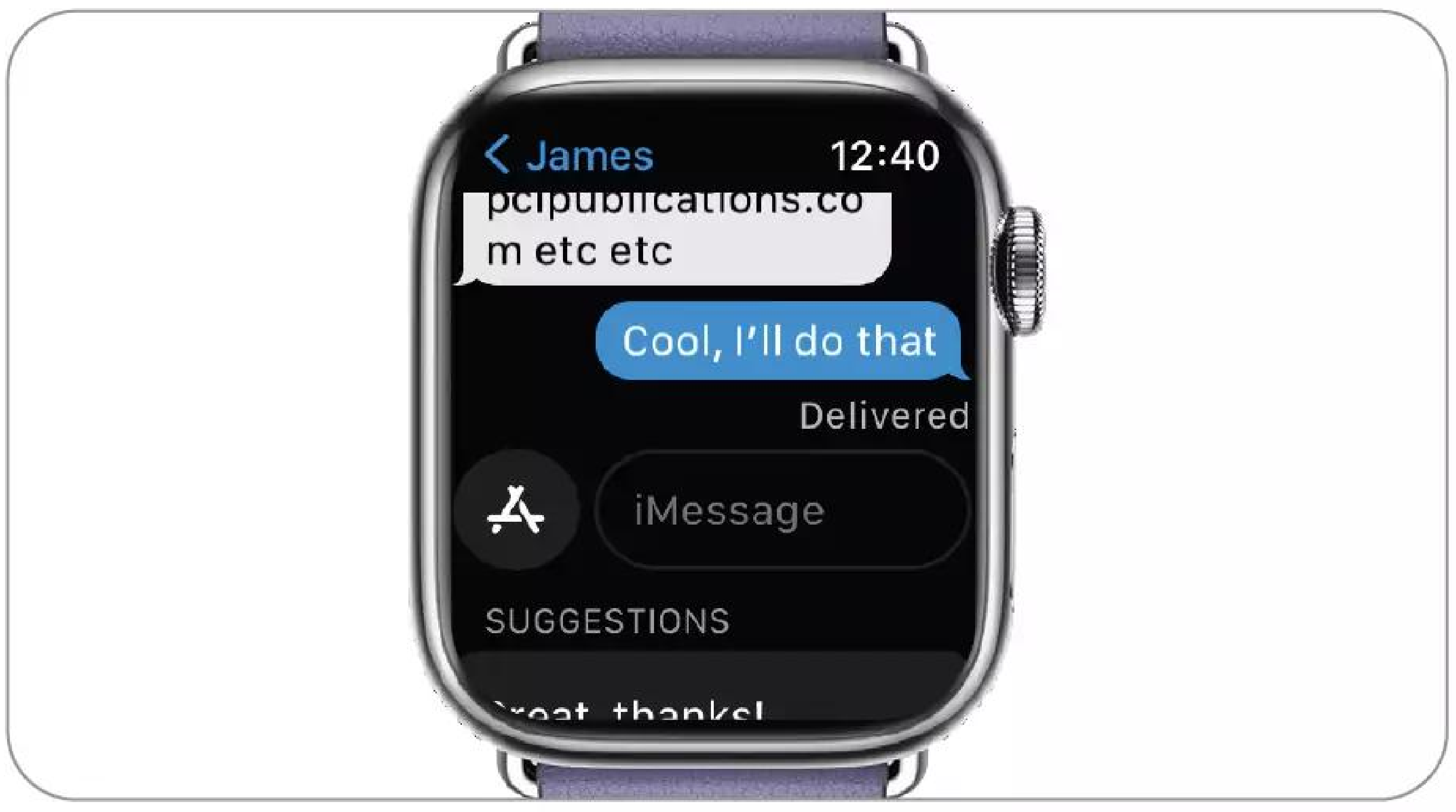
If you want your privacy for a while and don't want to take calls, you can activate the Do Not Disturb function. Swipe the screen up to get to the Control Centre and then tap the moon icon to get to this screen. Tap Do Not Disturb, then choose whether to turn it on, turn it on for an hour only, activate it until tomorrow or keep it on until you leave your current location.

The QuickPath and Scribble Features

With the bigger screen offered by recent Apple Watches, buttons and features have been made bigger and easier to use. This has also made possible two great features; QuickPath, an on-screen virtual keyboard; and Scribble, whereby you can write messages one letter at a time.

The QuickPath Feature

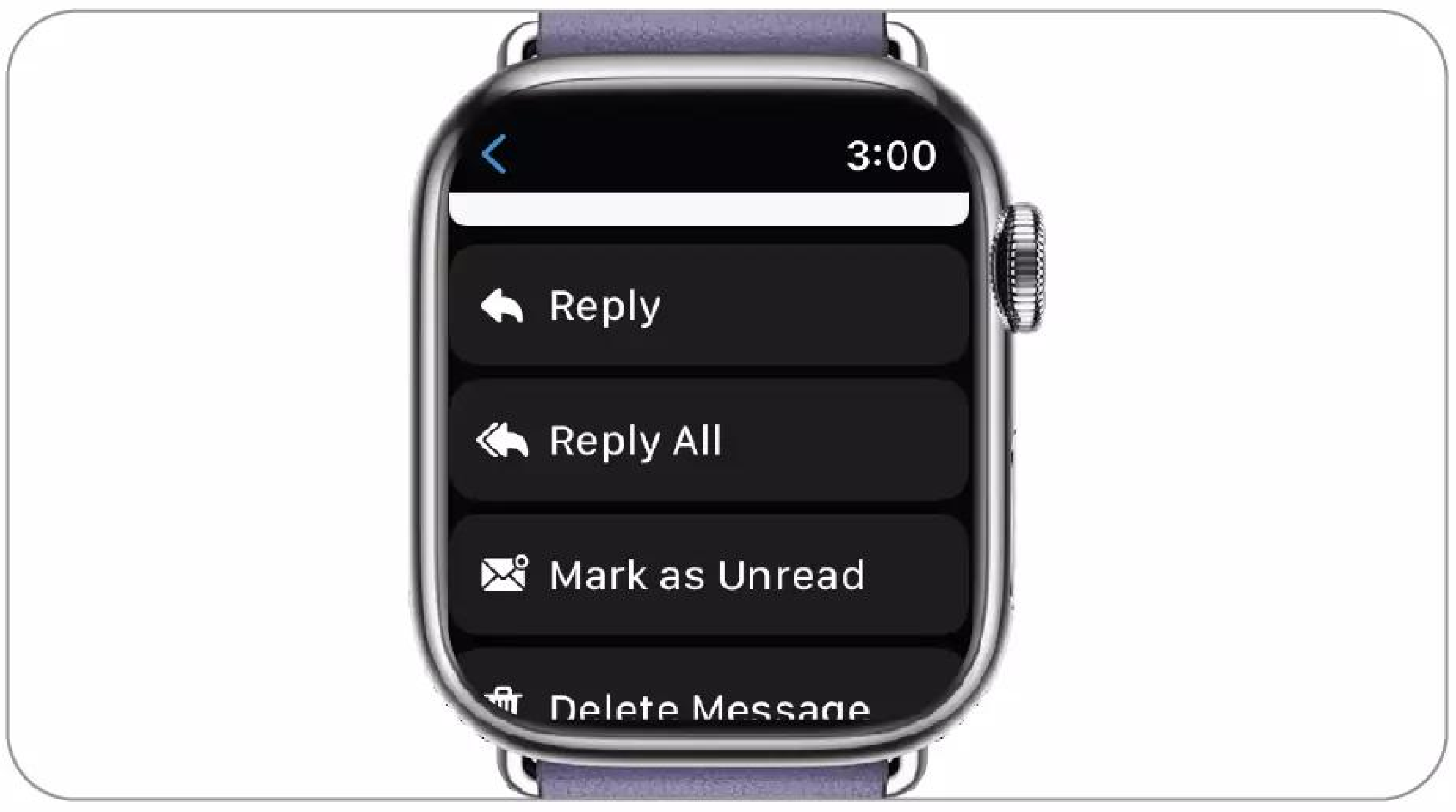
In a first for the Apple Watch, the Series 7 models include a virtual QWERTY keyboard with which you can write a message or email with one finger, dragging it over the virtual keys. It's a great new feature.


James
12:40
Delivered
iMessage
SUGGESTIONS

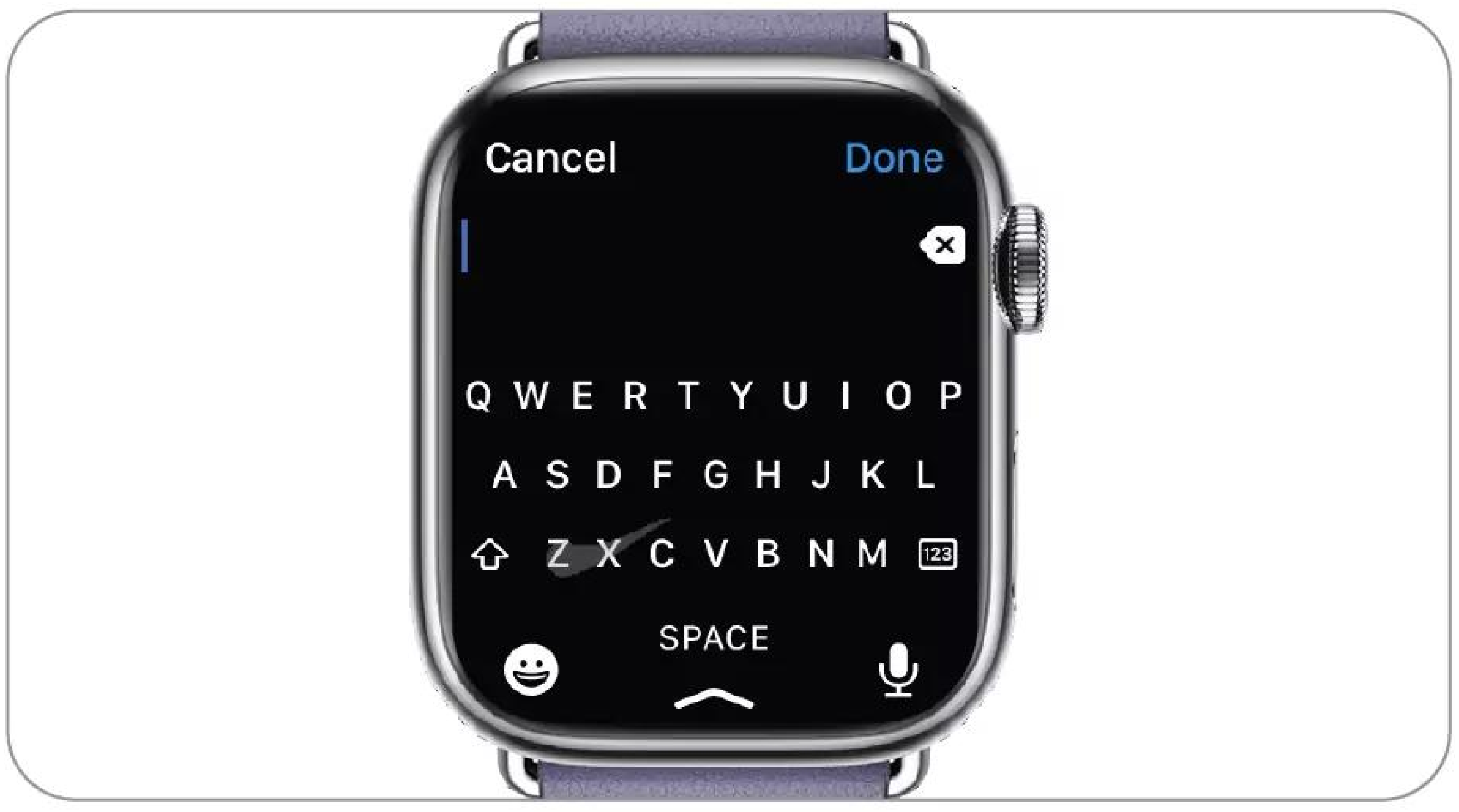
pcipublications.co
m etc etc

Cool, I'll do that

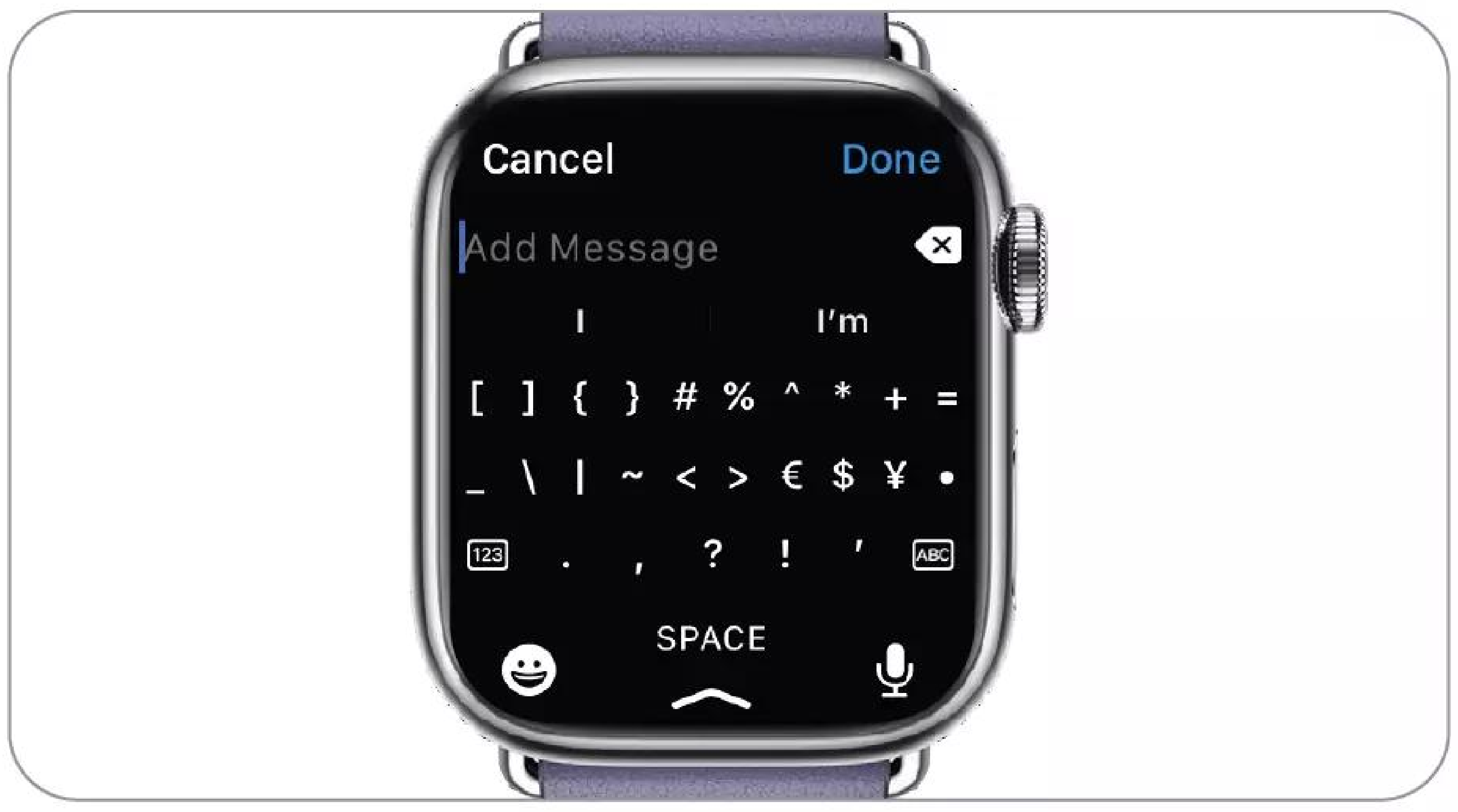
1 In the Messages app, navigate to the conversation to which you want to reply, and scroll to the text entry field. Tap it to go to the QWERTY keyboard, with which you can enter text.


3:00
Reply
Reply All
Mark as Unread
Delete Message

2 In the email app, either scroll up the screen and tap the New Message button, or find a message to reply to, scroll up and tap Reply. Tap Add Message, then tap the text field.


Cancel
Done
Q W E R T Y U I O P
A S D F G H J K L
Z X C V B N M 123
SPACE

3 When the keyboard is on your screen, you can type a message by tapping the keys, as you would on your iPhone. You can also drag your finger from letter to letter to type instead.


Cancel
Done
Add Message
I
I'm
[ ] { } # % ^ * + =
_ \ | ~ < > € $ ¥ •
123 . , ? ! ' ABC
SPACE

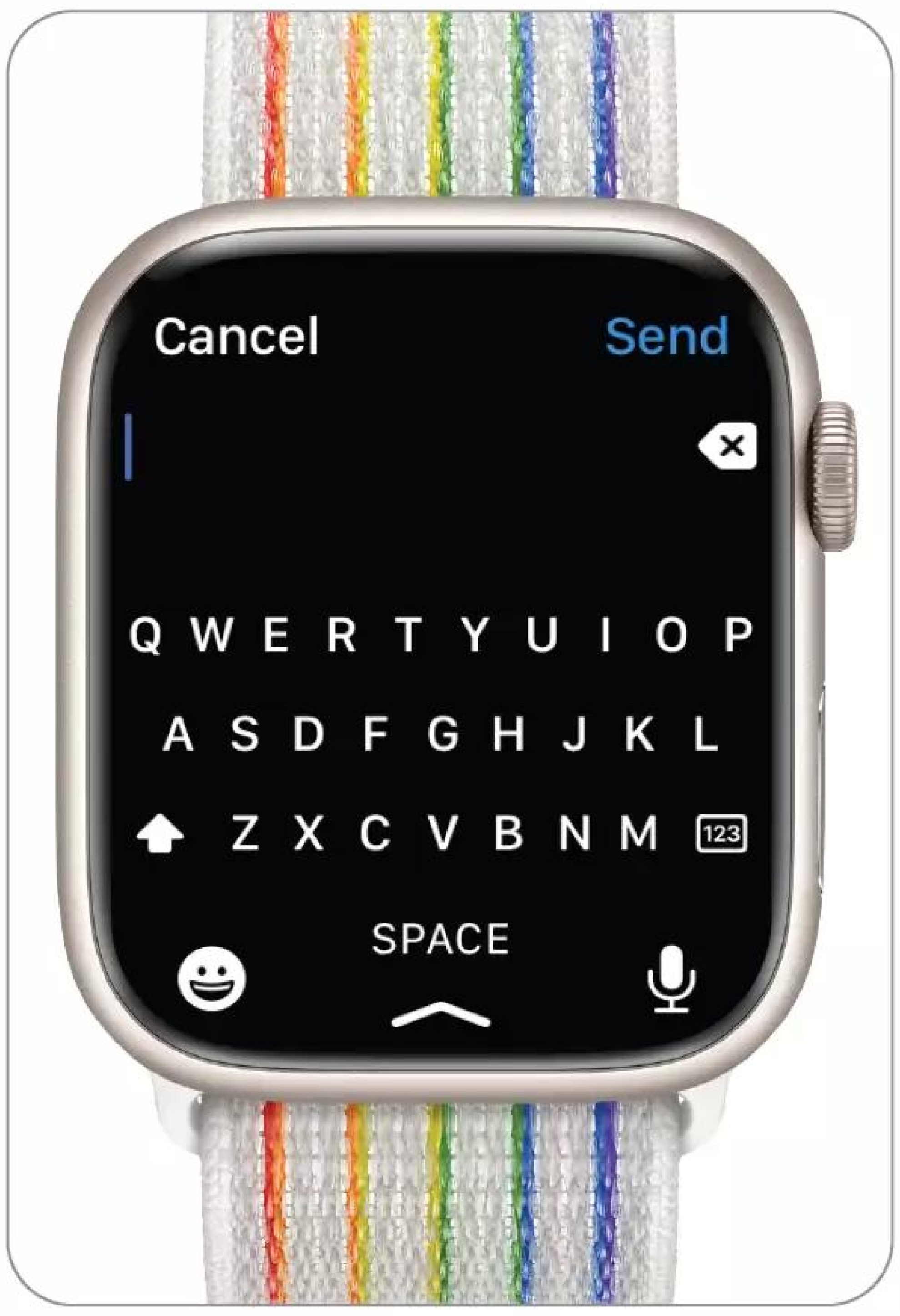
4 Tap the '123' key for symbols, then the '#+=' key for more symbols. The 'ABC' key takes you back to letters. To correct a mistake in your typing, scroll to the mistake using the Digital Crown.

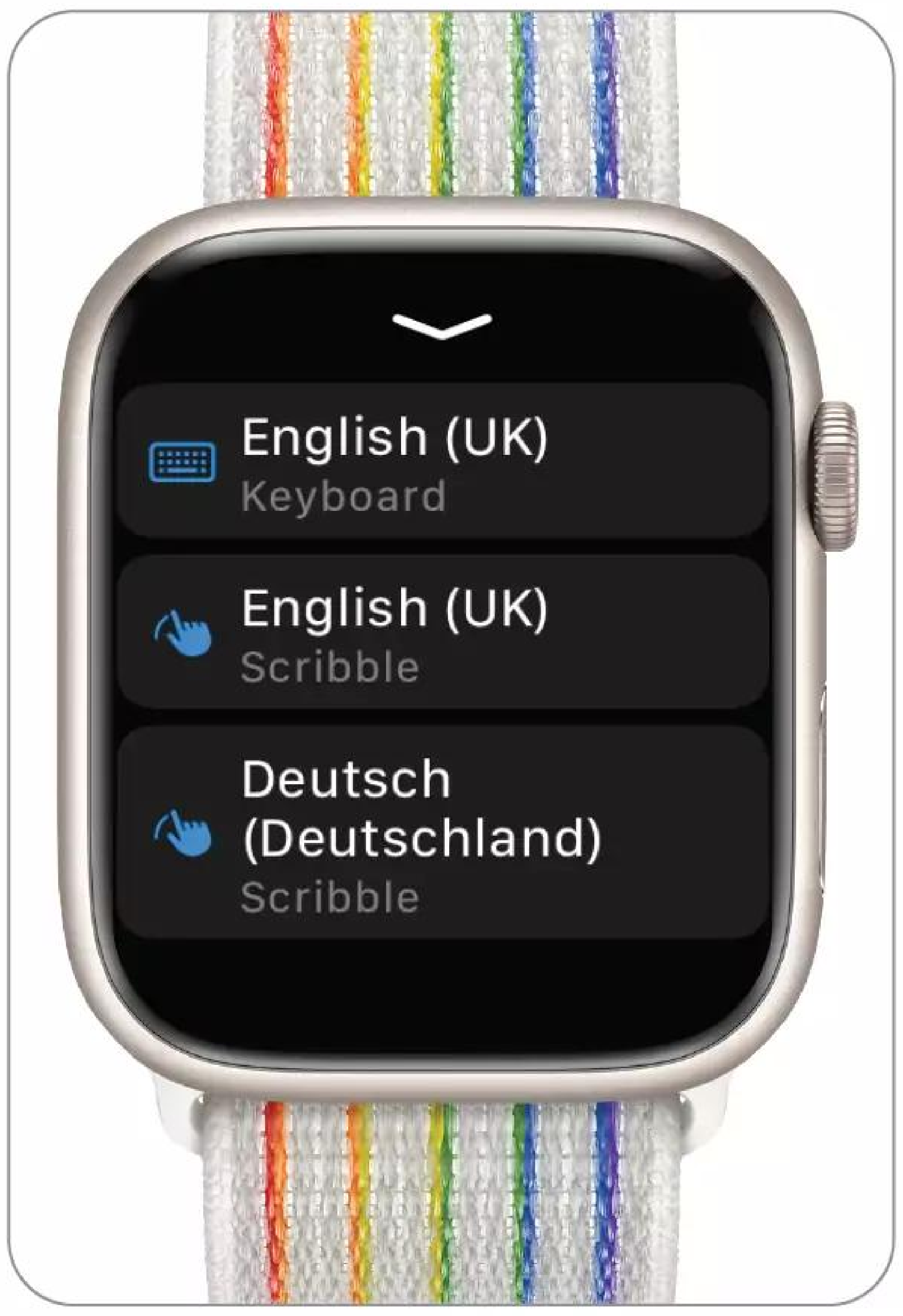
The Scribble Feature

Another way of entering text on your Apple Watch is by using the Scribble feature, whereby you compose your text by drawing individual letters one at a time to compose your text. It's a surprisingly intuitive way of typing.

Cancel
Send
SPACE

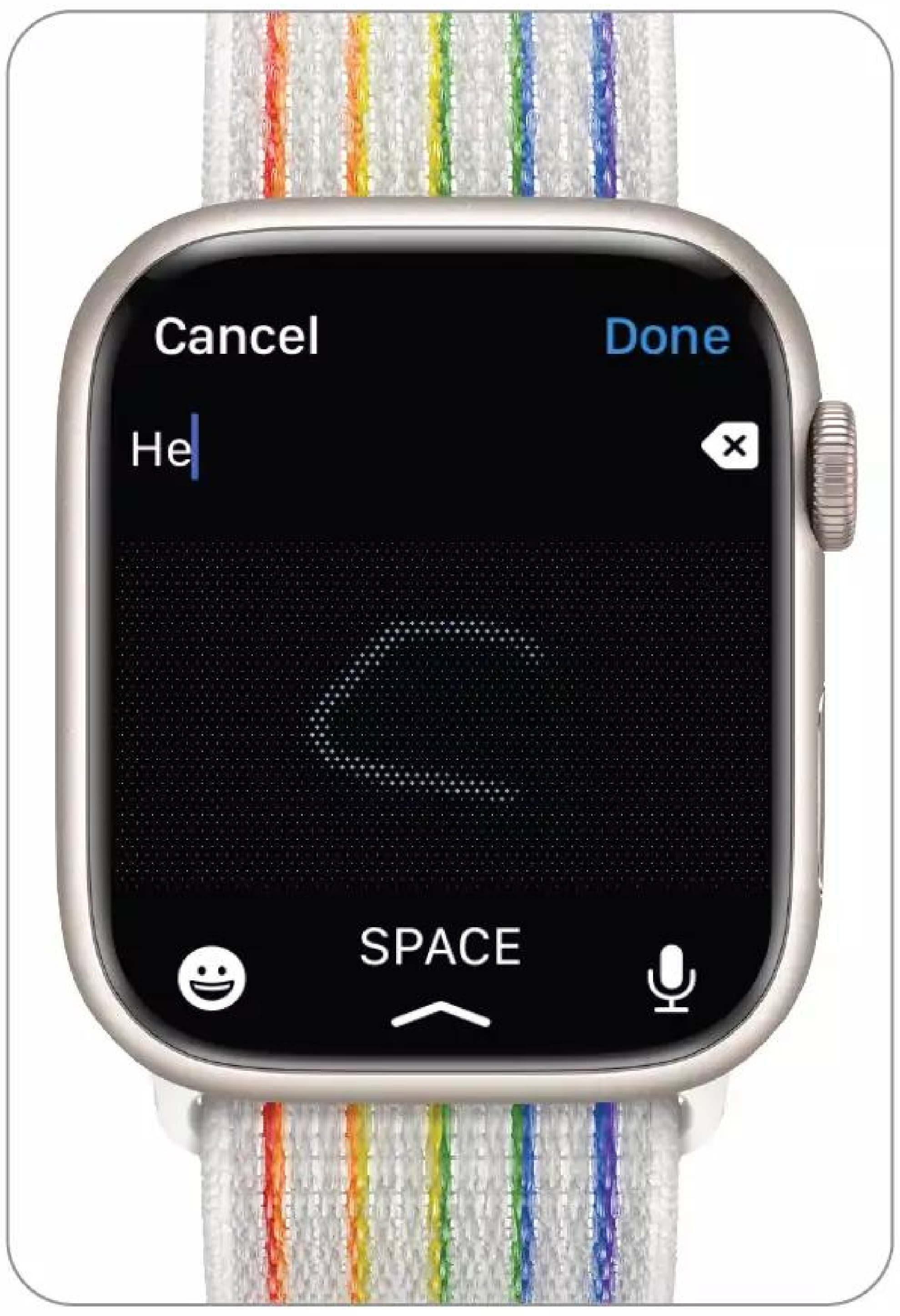
Hello


Cancel
Send
Q W E R T Y U I O P
A S D F G H J K L
Z X C V B N M
123
SPACE

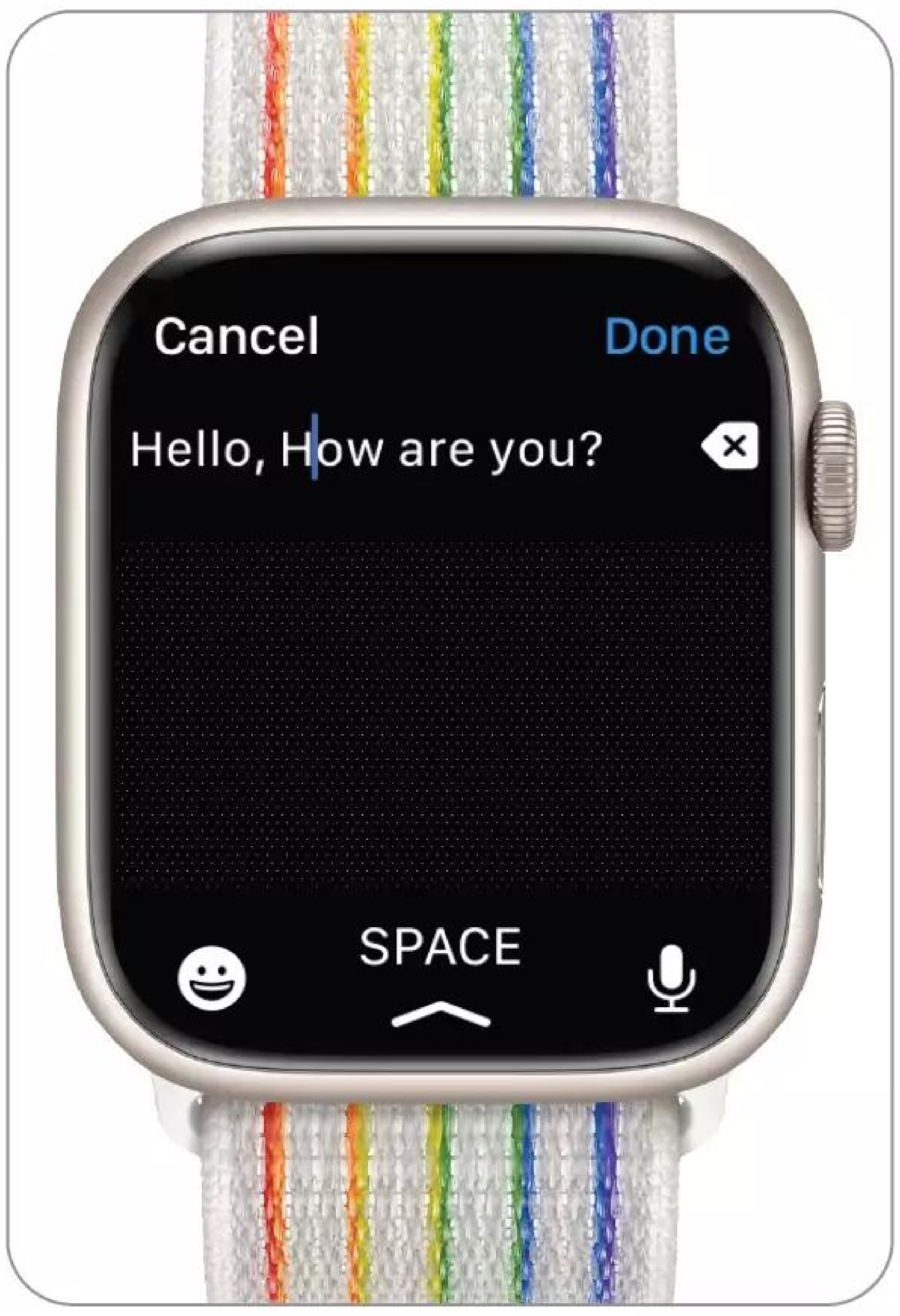

English (UK)
Keyboard
English (UK)
Scribble
Deutsch (Deutschland)
Scribble

1 To write a message or email using Scribble, first of all, navigate to the QWERTY keyboard as described earlier. Swipe up from the chevron at the foot of the screen, under the keyboard.

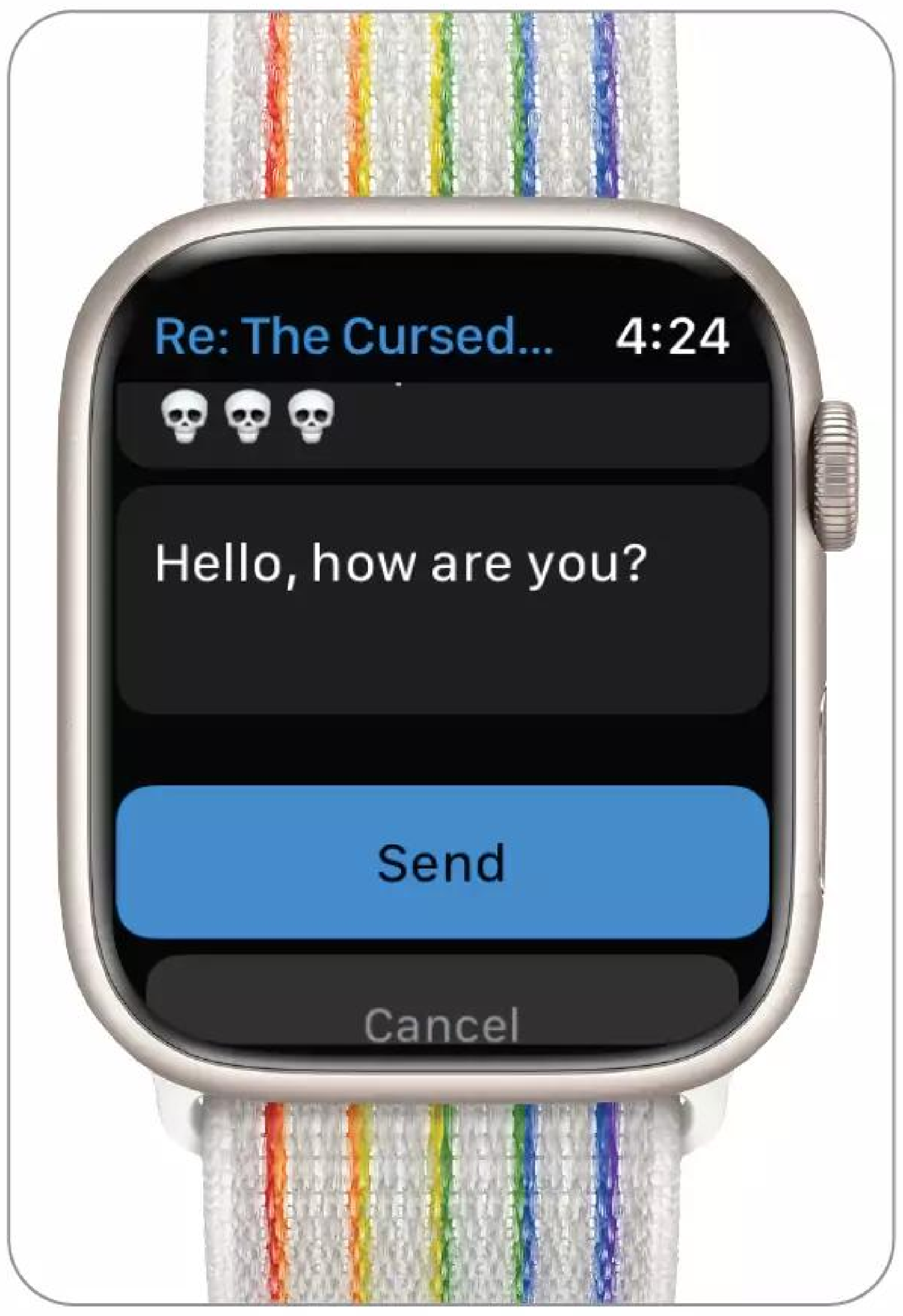
2 On this next screen, you can select the Keyboard, if you change your mind and wish to type, or the Scribble option for each language you have installed on your Apple Watch. Tap a Scribble button.


Cancel
Done
SPACE

He


Cancel
Done
SPACE

Hello, How are you?


Re: The Cursed...
4:24
Send
Cancel

Hello, how are you?

3 You can now write a message, one letter at a time, on your screen. Use the word 'space' at the foot of the screen to type a space. You can type punctuation as well as words.

4 Once again, you can scroll to a mistake in your text with the Digital Crown. Use the delete icon in the top-right corner of the screen. Tap it to delete the character before the blue line.

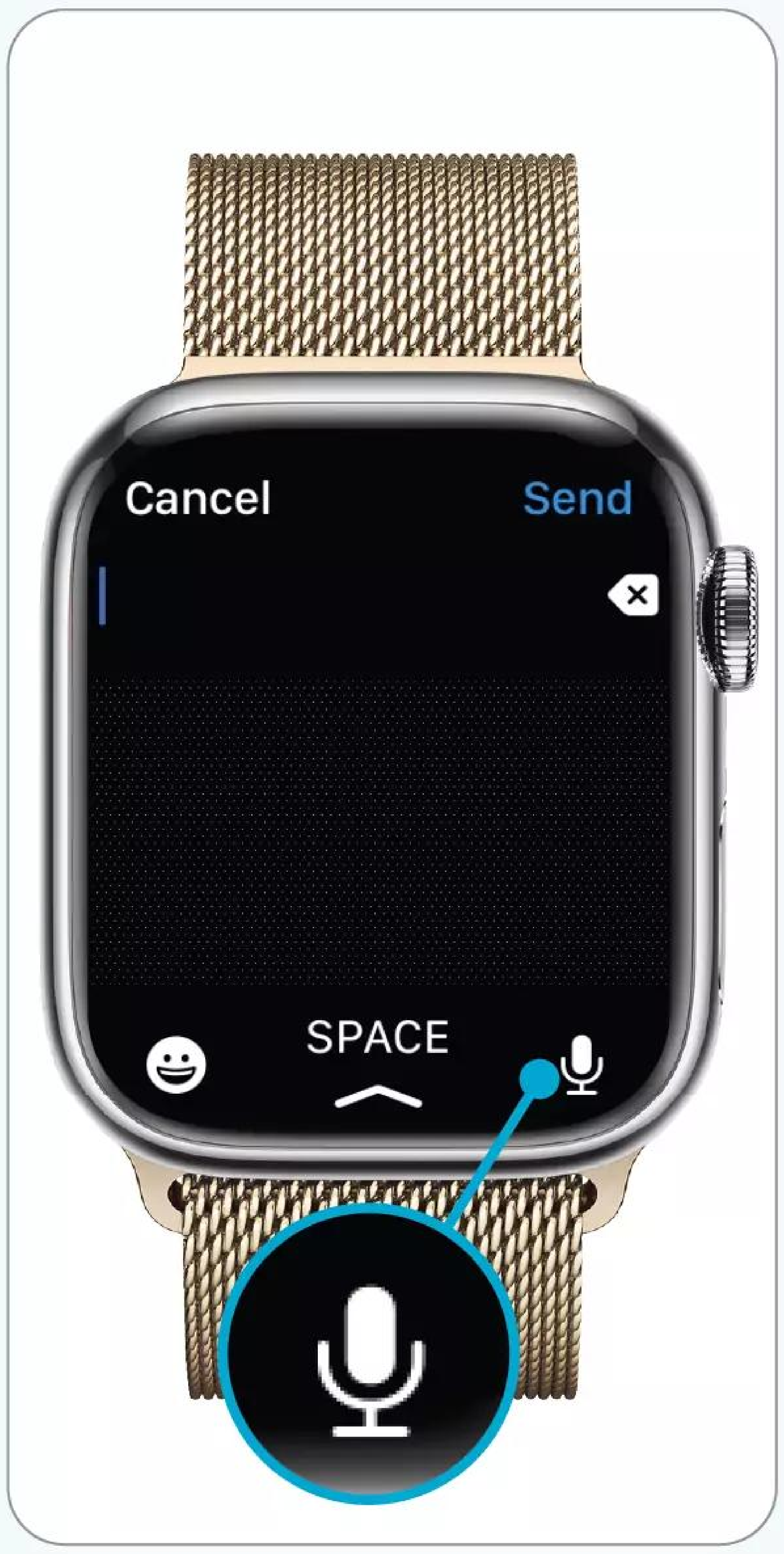
5 When you've finished typing your email, tap Done, then Send. If you've typed a message, tap the Send link in the top-right corner of the Apple Watch screen. Either way, your text is sent.

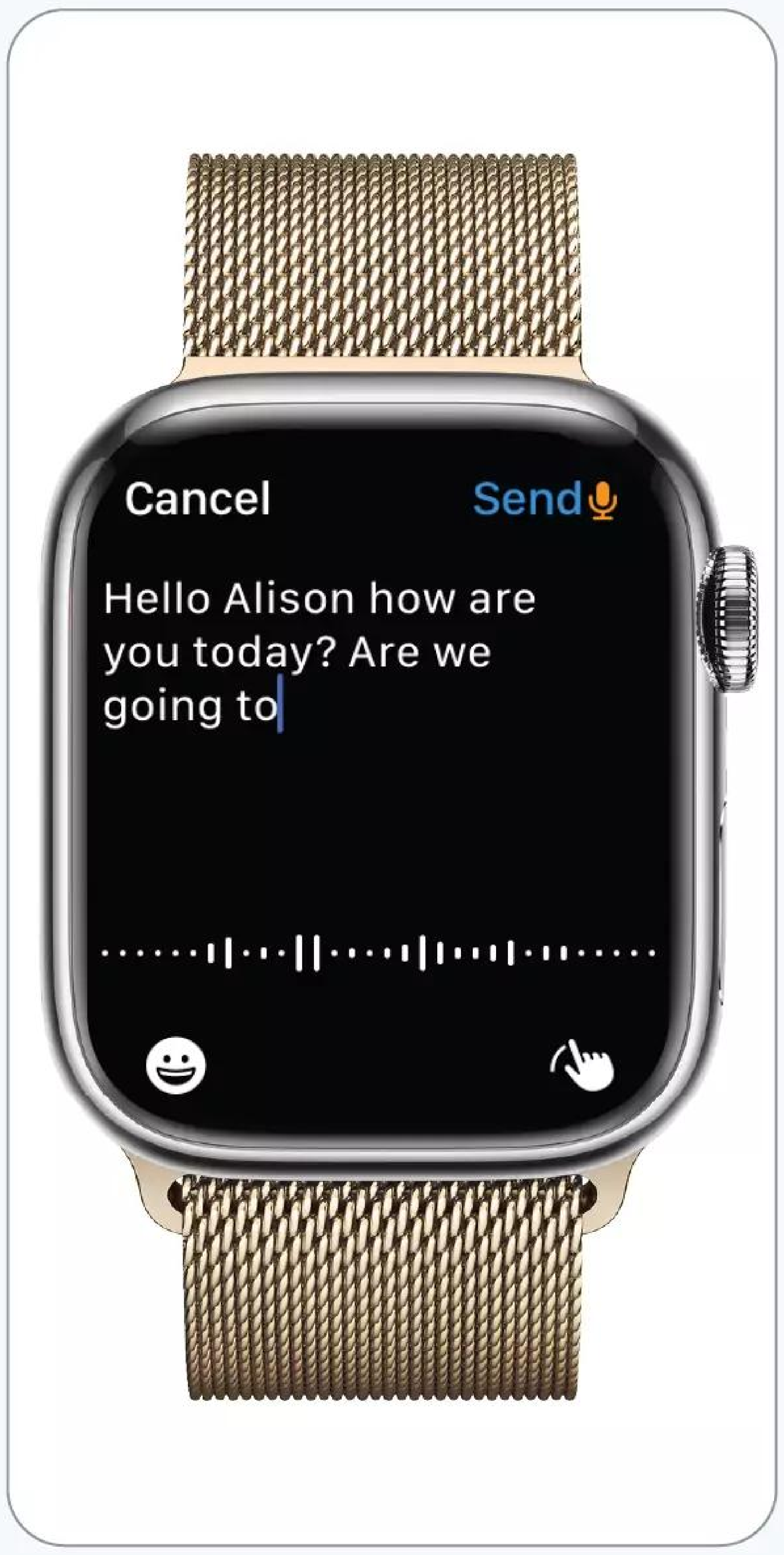
Dictation on Your Watch

As well as typing your text on a virtual keyboard or writing it one letter at a time with Scribble, you can also use Dictation to speak your message. It's then converted into text, which you can edit and send. Text might be sent to Apple and processed on Siri servers if you've chosen to share, but the process is completely private. Here's how to do it.

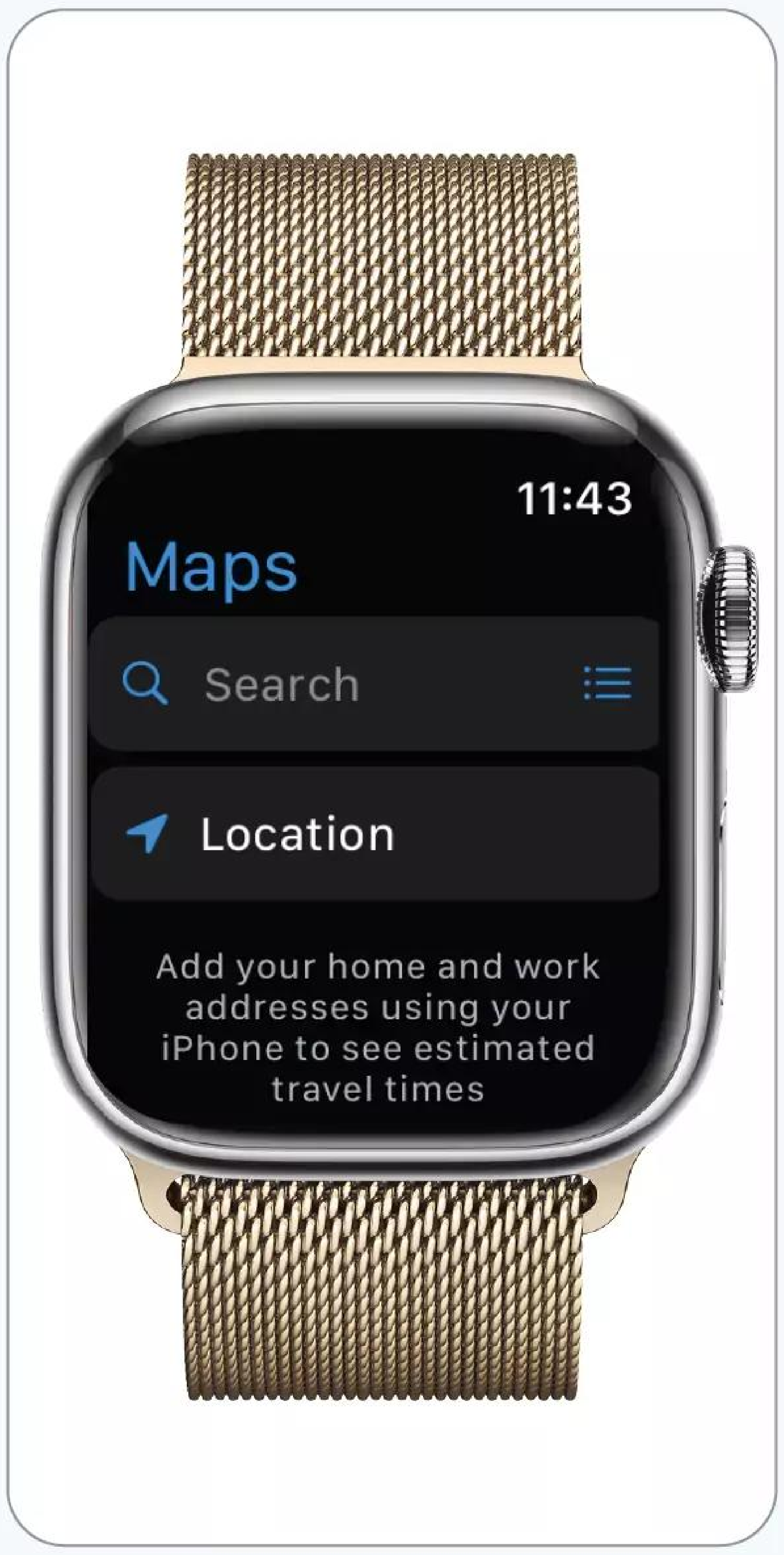
Cancel
Send

Hello Alison how are you today? Are we going to





Hello Alison how are you today? Are we going to



Add your home and work addresses using your iPhone to see estimated travel times

1 You can use Dictation wherever you see the microphone icon when invited to enter a message. On the virtual keyboard, for example, the microphone is shown in the bottom-right corner of the screen. Likewise, on the Scribble screen, it's right there too.

2 Tap the microphone icon and speak your message, which is immediately converted to text. If it's all OK, tap Send to send it. If you want to edit it, tap the icon in the bottom-right to get back to the Scribble or keyboard screen, so you can edit the text.

3 Dictation is not just for sending messages. You can also use it to add a reminder to your Reminders app. In Maps, you can use it to search for your destination. It works almost anywhere that you need to enter text on your Apple Watch.

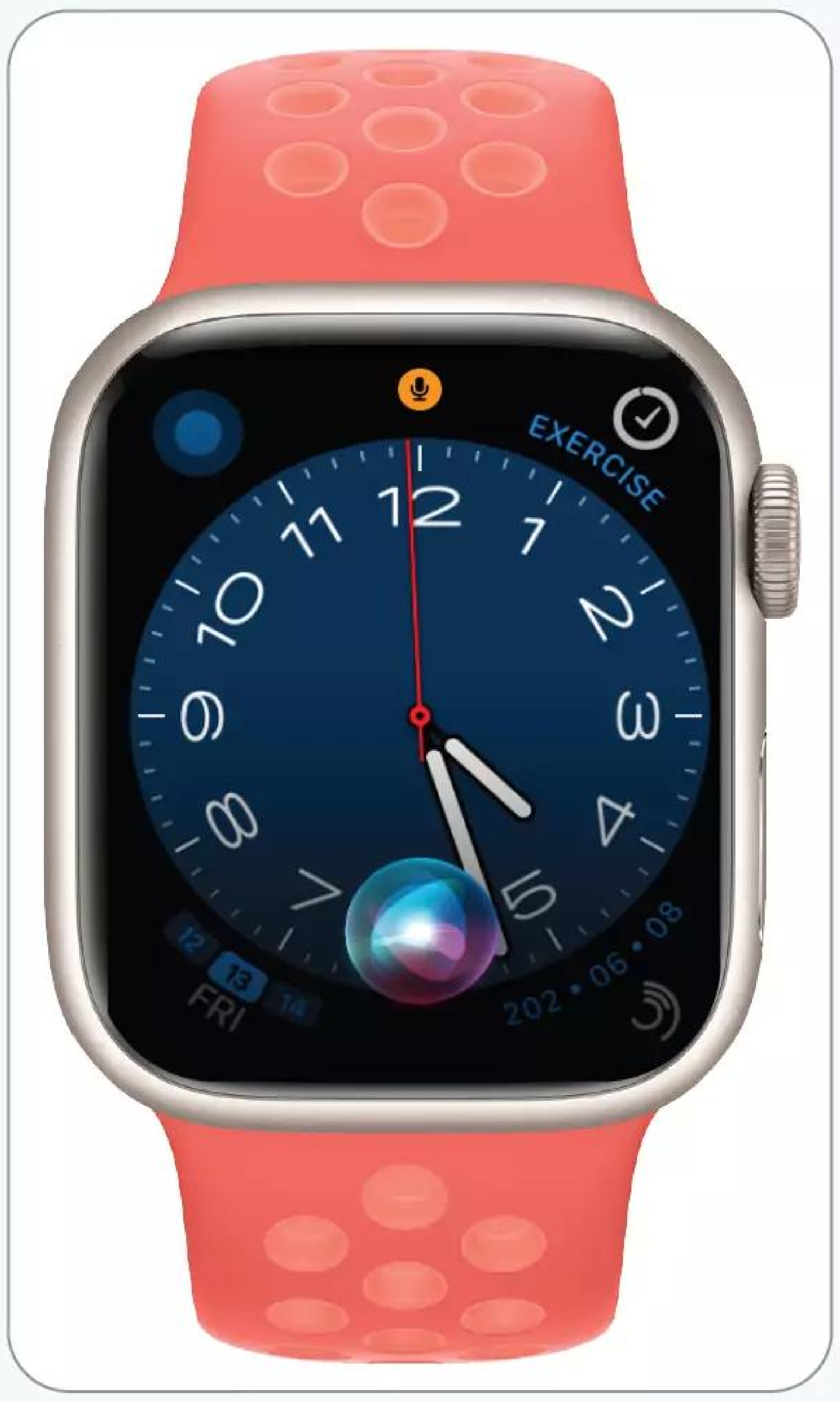
Siri on Your Watch

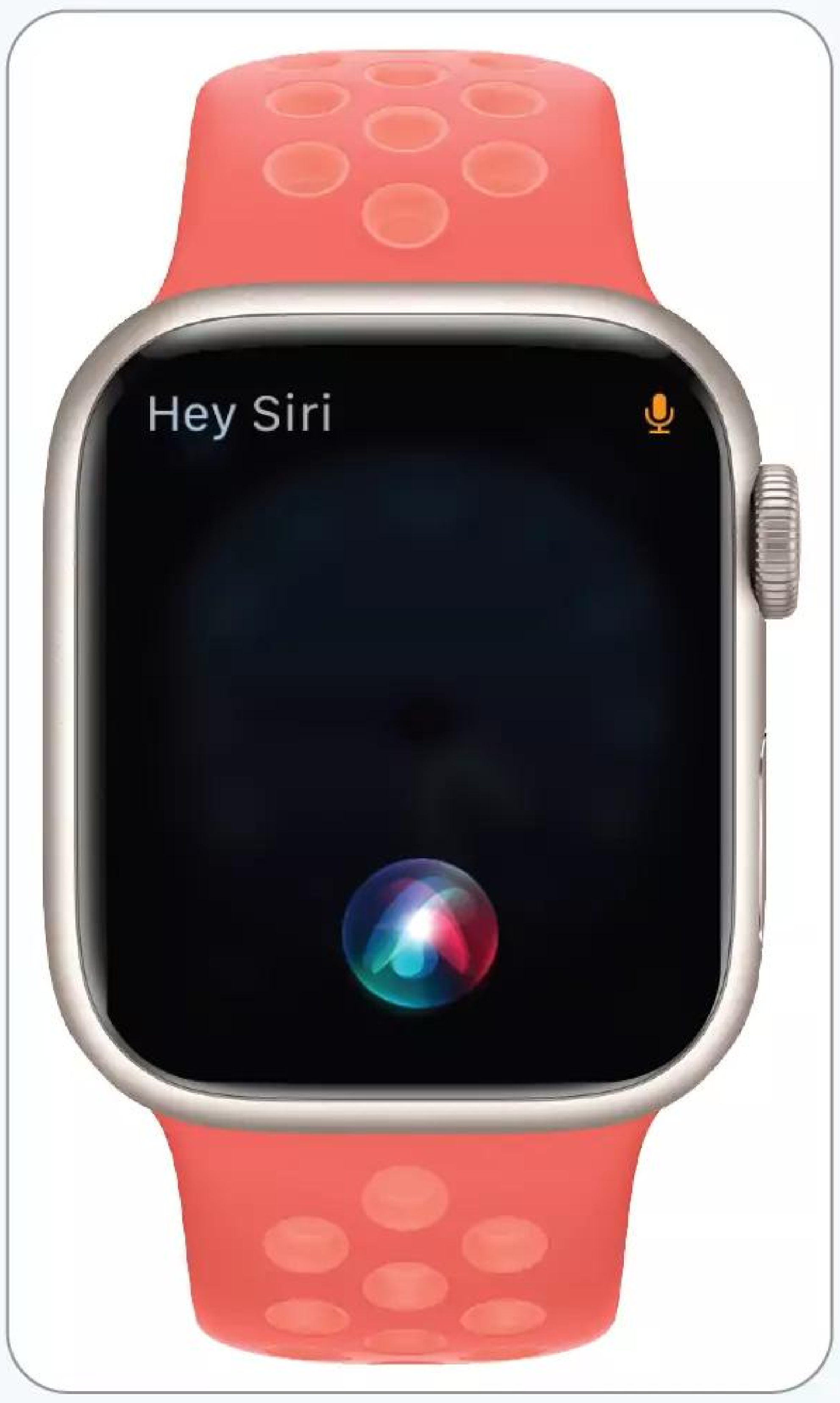
Chances are you're already familiar with Siri on your iPhone, but did you know your Apple Watch also includes Apple's capable digital assistant? This tutorial couldn't possibly cover everything Siri can do, but if there's something you'd like to voice activate or a question you'd like to ask, give it a go. The more you use Apple's amazing assistant, the better it gets.

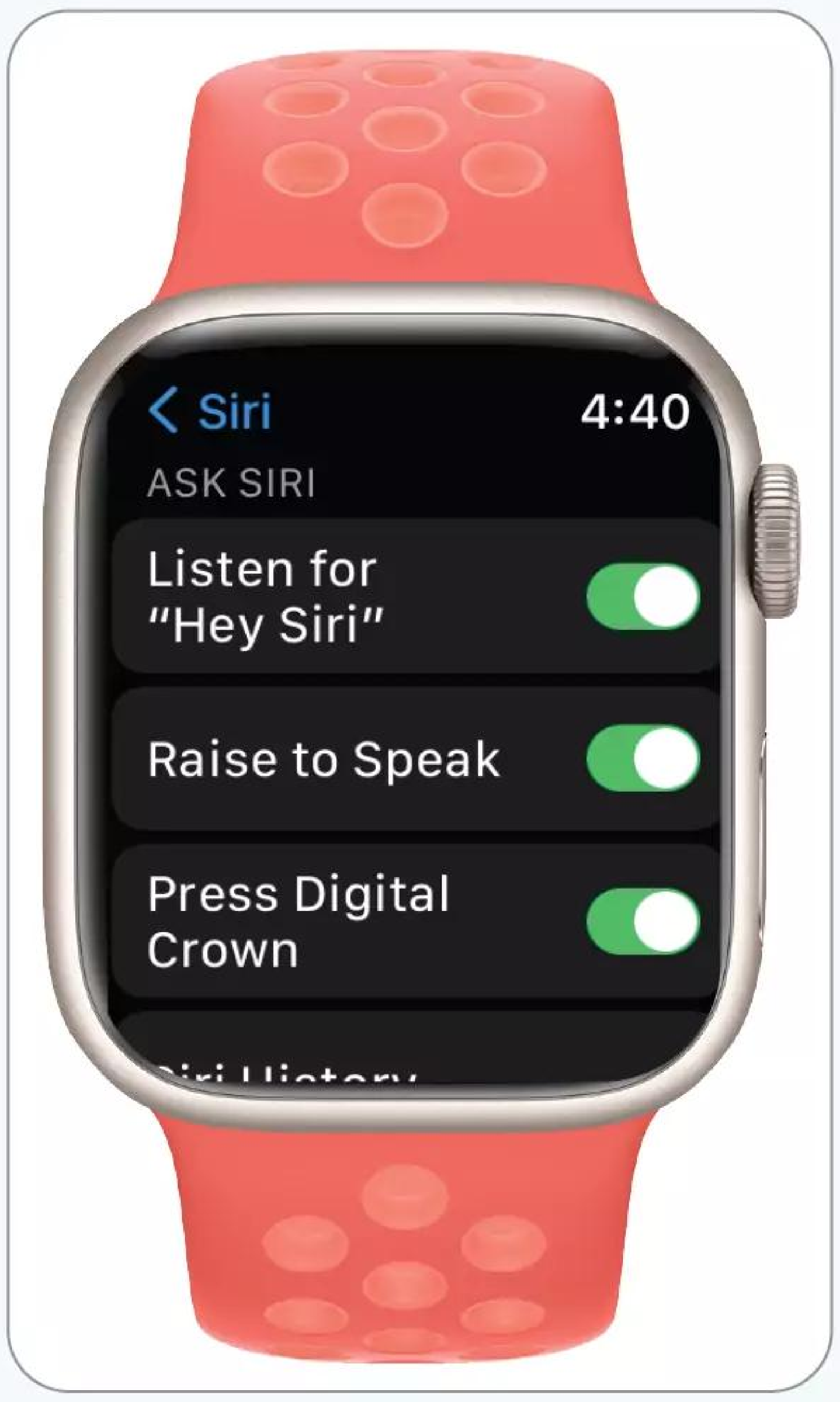
What can I help you with?

Activating and Using Siri

Your Apple Watch's Siri feature is amazing. You can use it to open an app, set timers, make a phone call, send a message, play some music and more. Here's how to get started with Siri and make use of it on Apple Watch.






Siri 4:40

ASK SIRI

Listen for "Hey Siri" ●

Raise to Speak ●

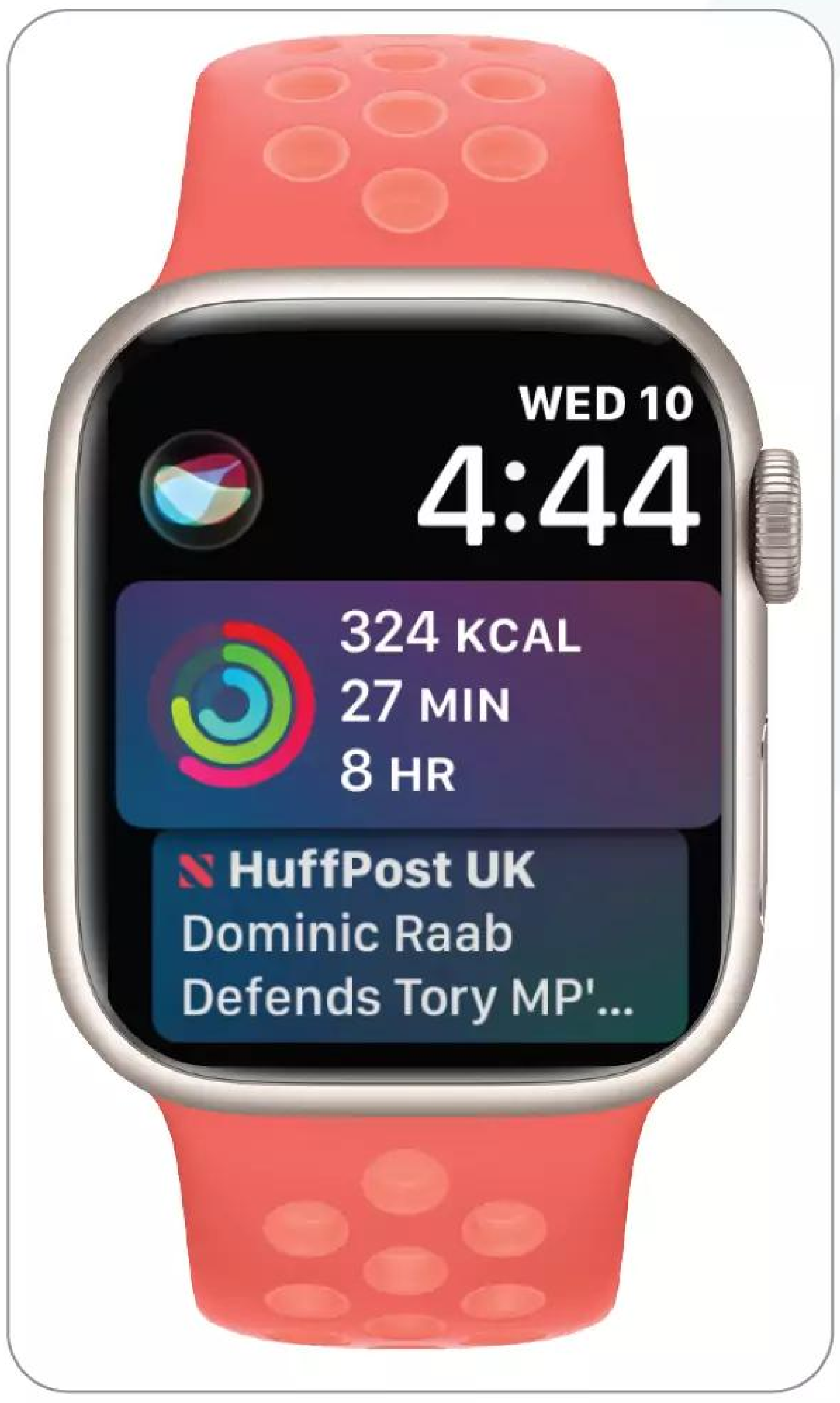
Press Digital Crown ●

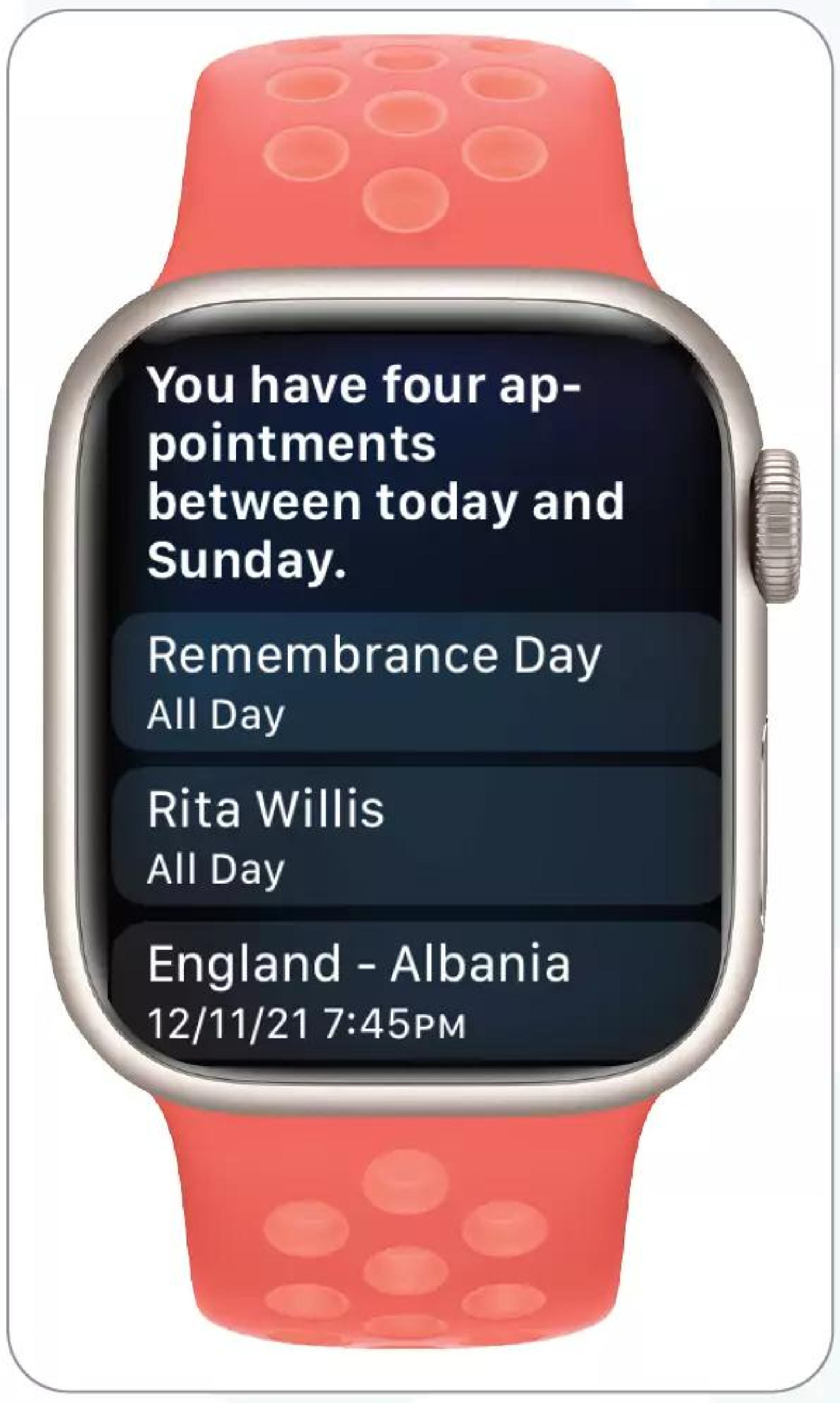
Siri History

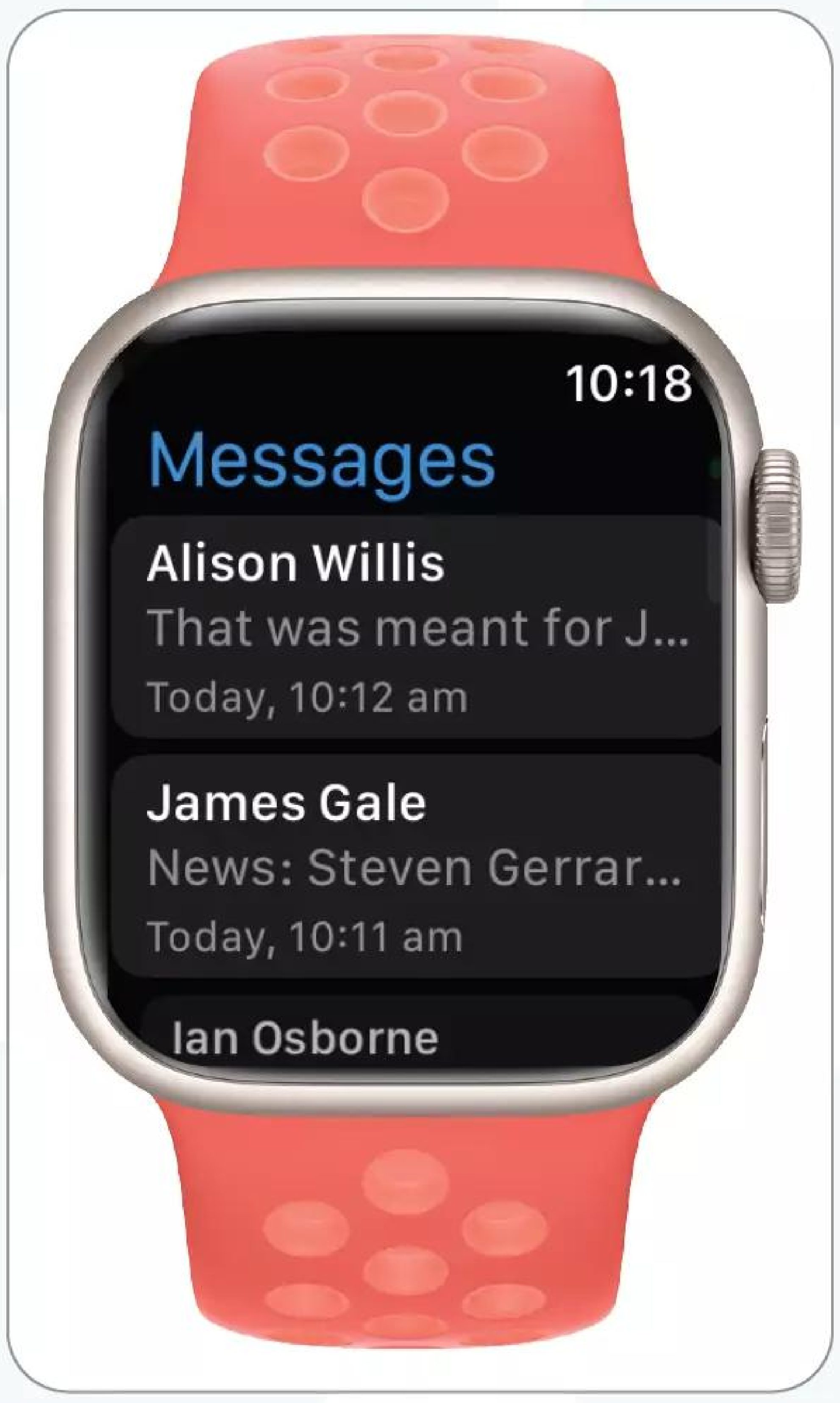
1 There are several ways you can activate Siri on your Apple Watch. The easiest is to hold the Digital Crown button until Siri appears. A microphone icon shows your watch's mic is being used.

2 Alternatively, you can say, 'Hey Siri', and Siri opens. Either way, you can dismiss the Siri service by pressing the Digital Crown once. Ideal if you open Siri by accident and don't need it.

3 With watchOS 5 and later and Apple Watch Series 3 or later, you can activate Siri by holding it to your mouth and speaking. To turn this on, go to Settings > Siri and turn Raise to Speak on and off.


WED 10
4:44
324 KCAL
27 MIN
8 HR
HuffPost UK
Dominic Raab Defends Tory MP'...

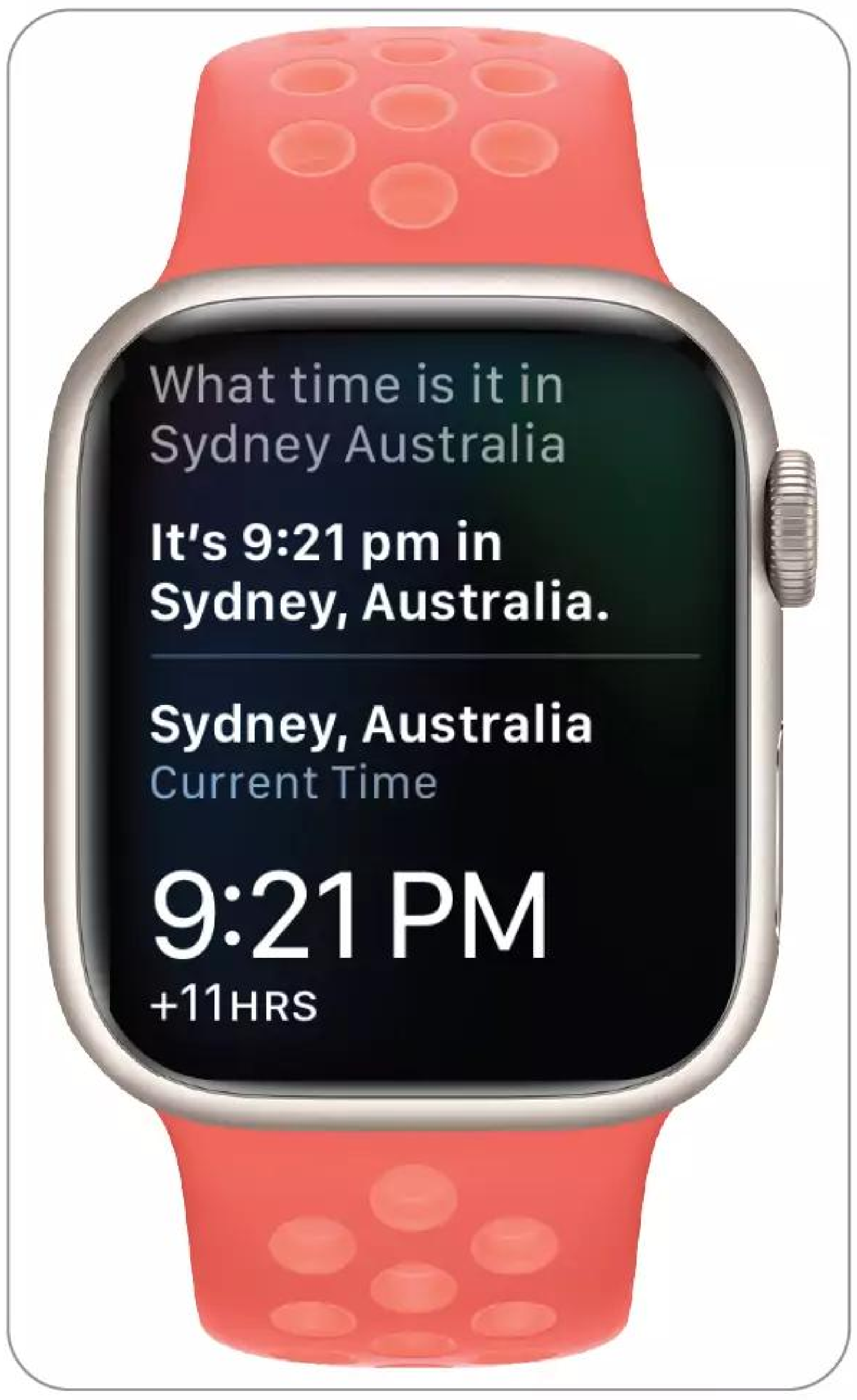

You have four appointments between today and Sunday.
Remembrance Day
All Day
Rita Willis
All Day
England - Albania
12/11/21 7:45PM

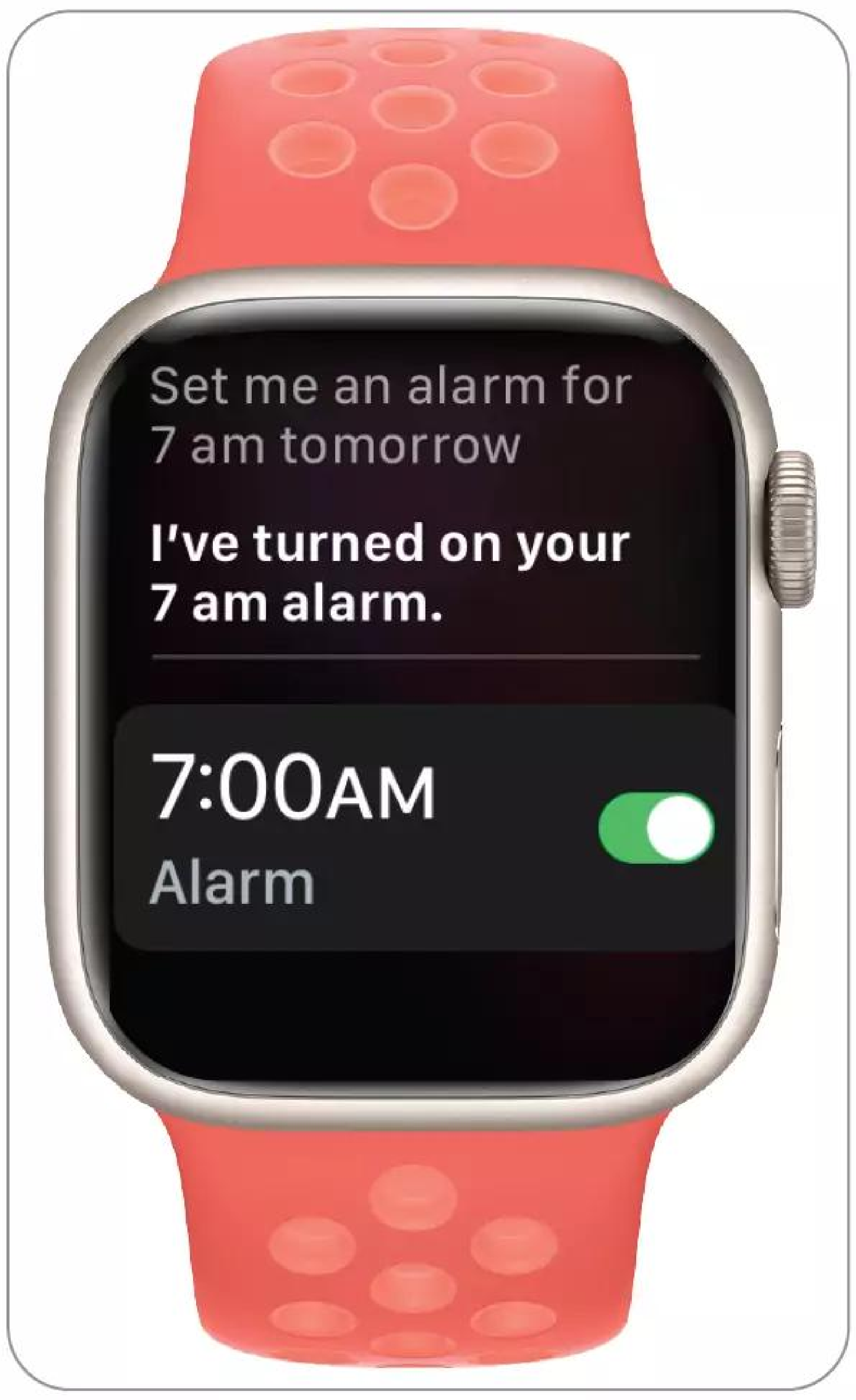

10:18
Messages
Alison Willis
That was meant for J...
Today, 10:12 am
James Gale
News: Steven Gerrar...
Today, 10:11 am
Ian Osborne

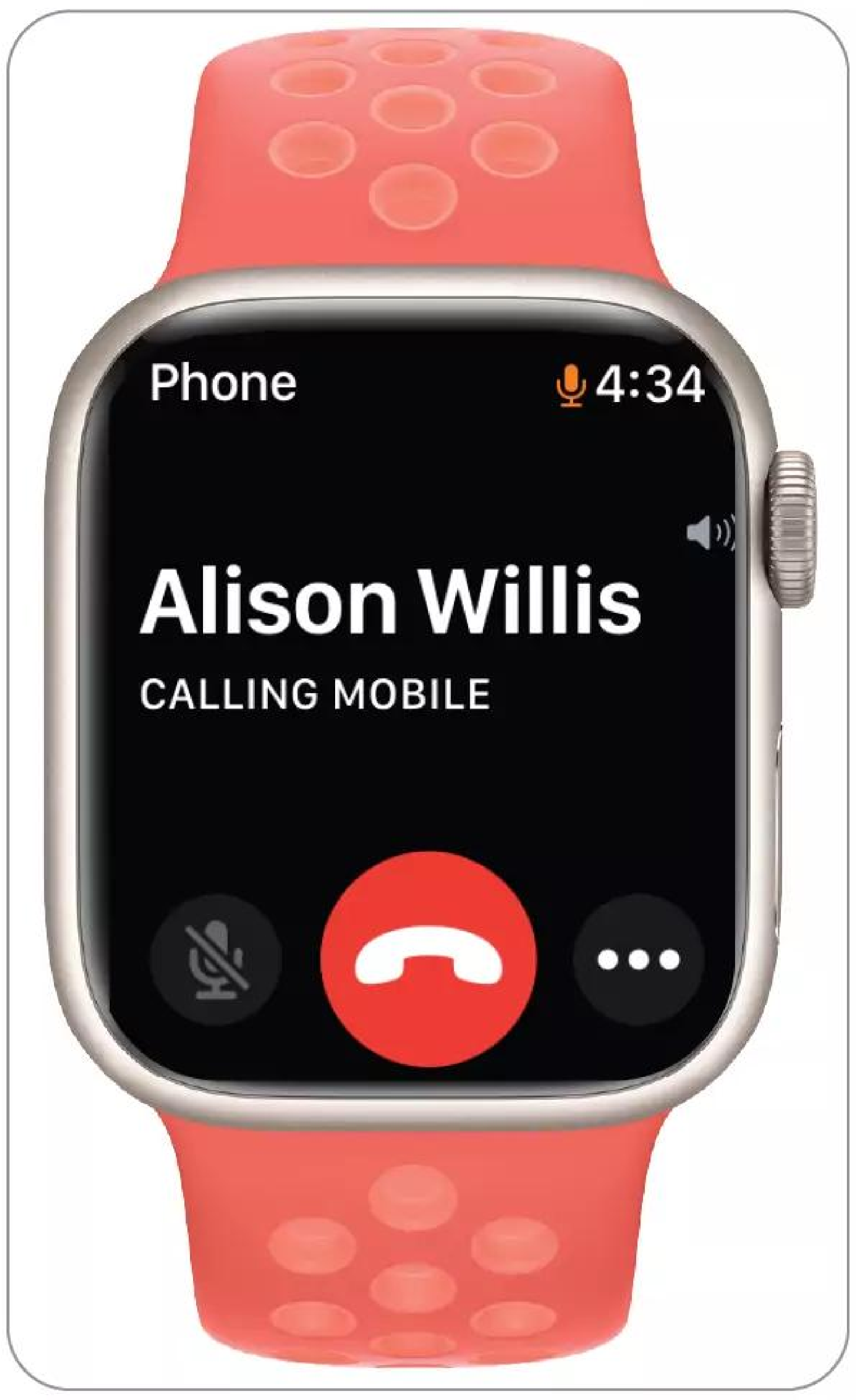
4 Finally, if you use the Siri face on your Apple Watch, you can activate Siri by using a Complication. Assuming you haven't removed this Complication, it's in the top-right corner of the watch face.

5 Siri is awesome for checking your Calendar app. With phrases like "What's scheduled for tomorrow?"or "What appointments do I have for the rest of the week?" you can get Siri to help.

6 You can open an app using Siri too. Just say "Open [app name]" and it's opened for you, right on the screen. It's great if your hands are full and you can't use the watch buttons.


What time is it in Sydney Australia
It's 9:21 pm in Sydney, Australia.
Sydney, Australia
Current Time
9:21 PM
+11HRS

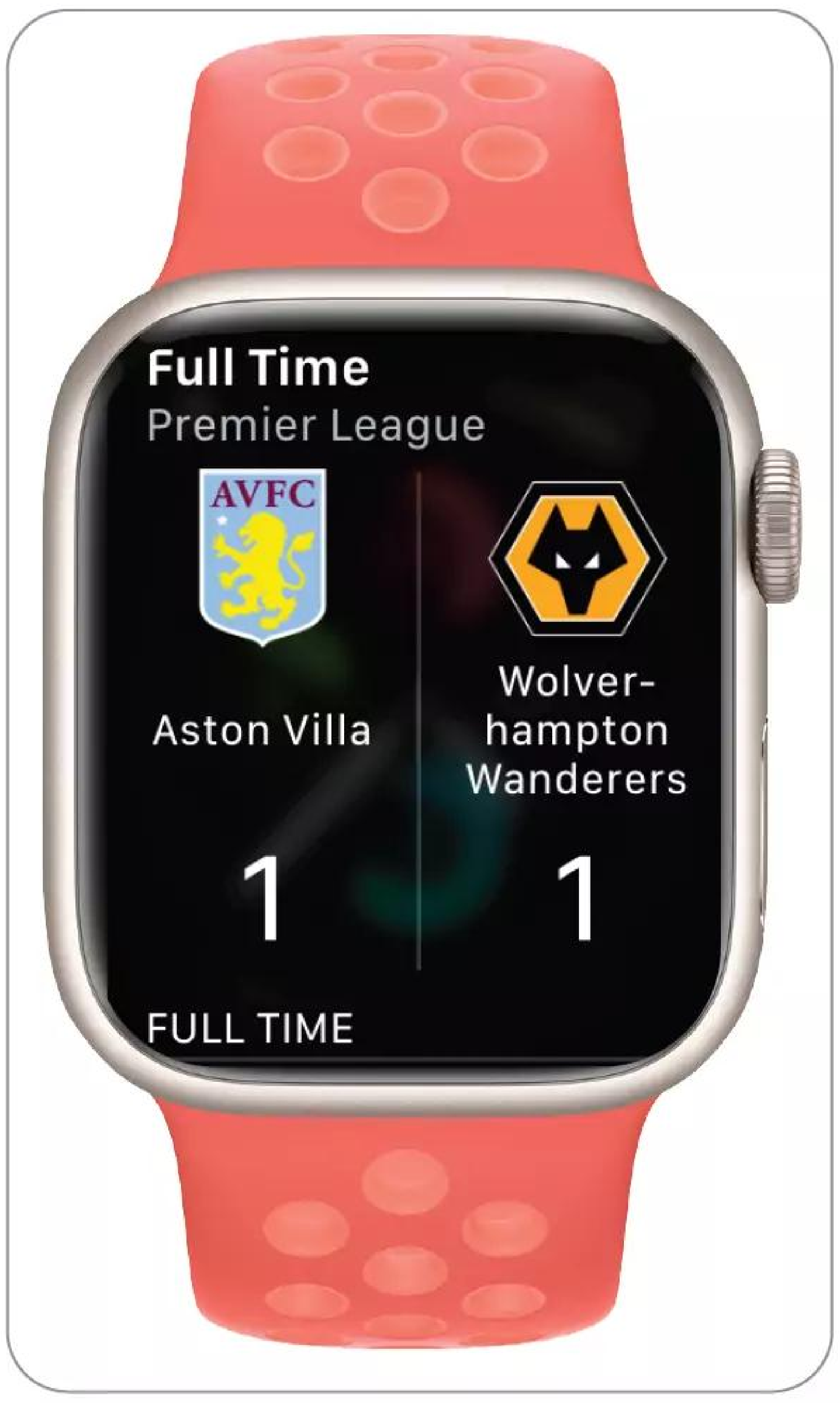

Set me an alarm for 7 am tomorrow
I've turned on your 7 am alarm.
7:00AM
Alarm


Phone
4:34
Alison Willis
CALLING MOBILE

7 If you want to check what time it is somewhere in the world, without setting up a World Clock on your iPhone, just open Siri and say, "What time is it in [place name]?" and your digital personal assistant does the rest. It's great for quick and easy reference.

8 Siri's also great at setting timers and alarms. Use instructions such as "Set me an alarm for 7am tomorrow", "Cancel my next alarm", "Set a countdown timer for [time]" or "Open the stopwatch". There's a wealth of functionality right there on your wrist.

9 Naturally Siri can also make phone calls and send messages. "Call [person's name]" and they're contacted for you, or "Send a message to [person's name] saying [the message]", and a text message is promptly dispatched. You can do it one-handed.



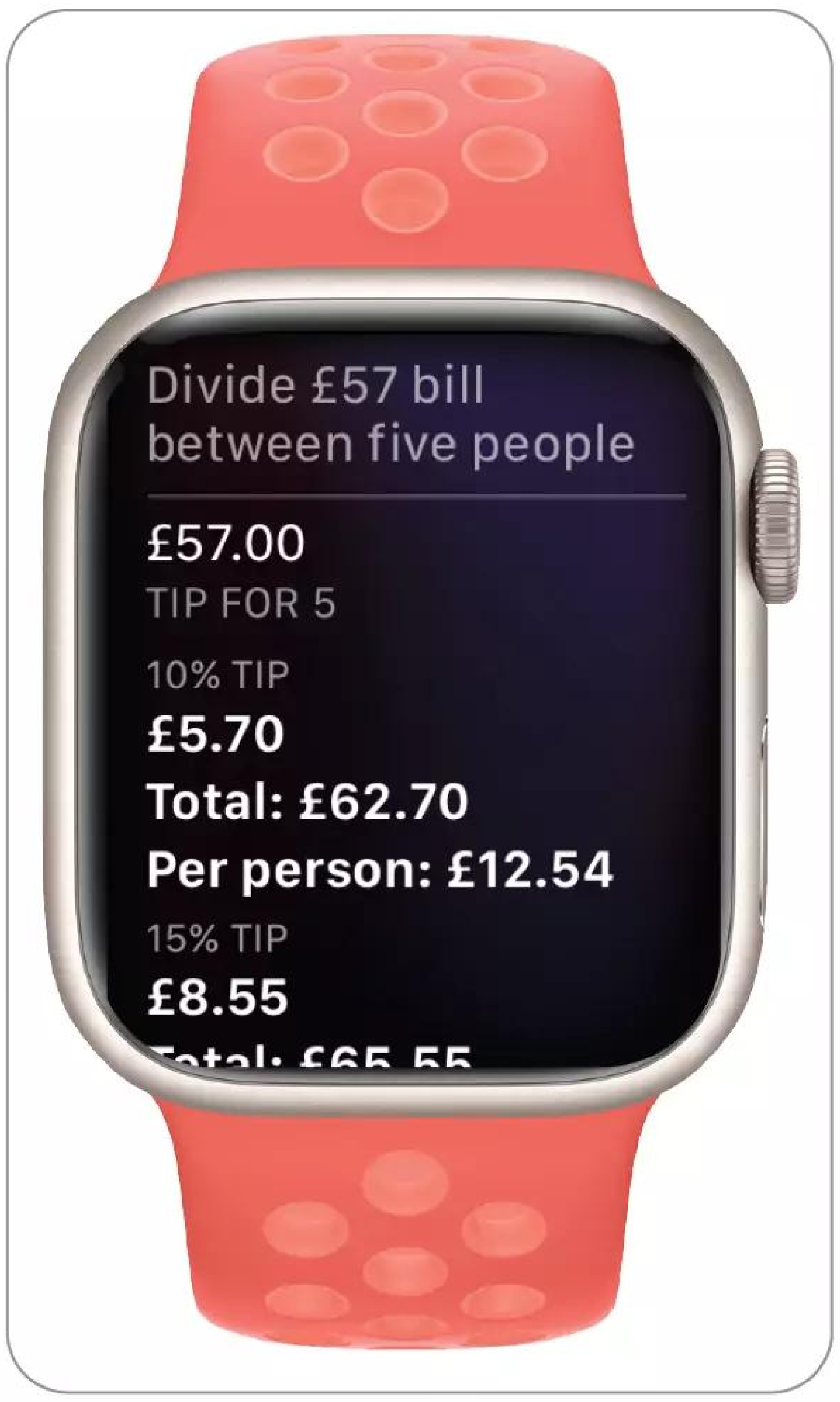
Full Time
Premier League

Aston Villa 1

Wolverhampton Wanderers 1

FULL TIME

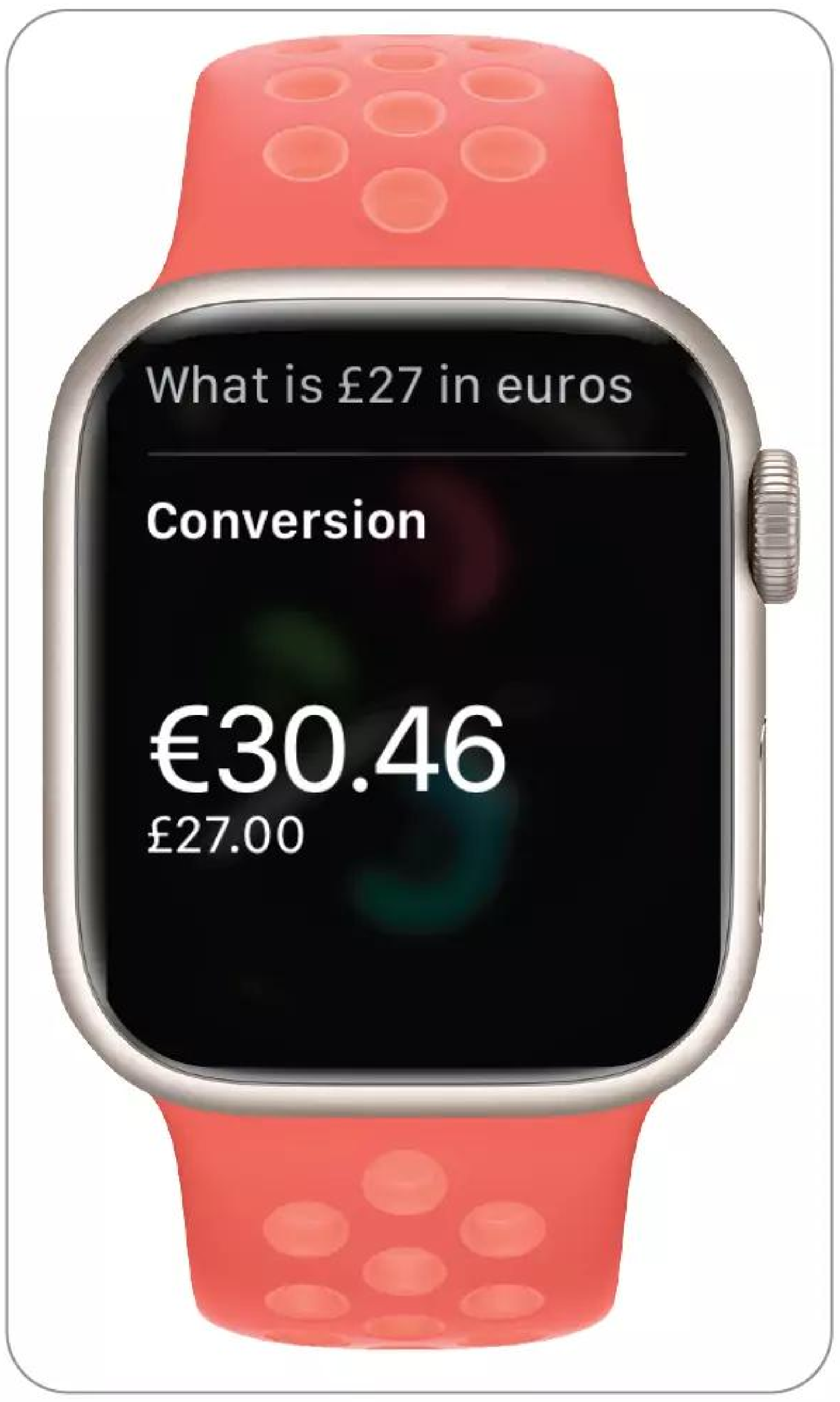
10 You can use Siri to check sports information. Just ask "What was the result of the last [team] game?" or "Who do the [team] play next?", and you're told. The feature works for a variety of sports.



Divide £57 bill between five people

£57.00
TIP FOR 5
10% TIP
£5.70
Total: £62.70
Per person: £12.54
15% TIP
£8.55

11 You can use Siri to calculate sums. If you're in a restaurant, for example, you can ask Siri to divide the bill between the number of people paying it. For a bit of fun, ask, "divide zero by zero".

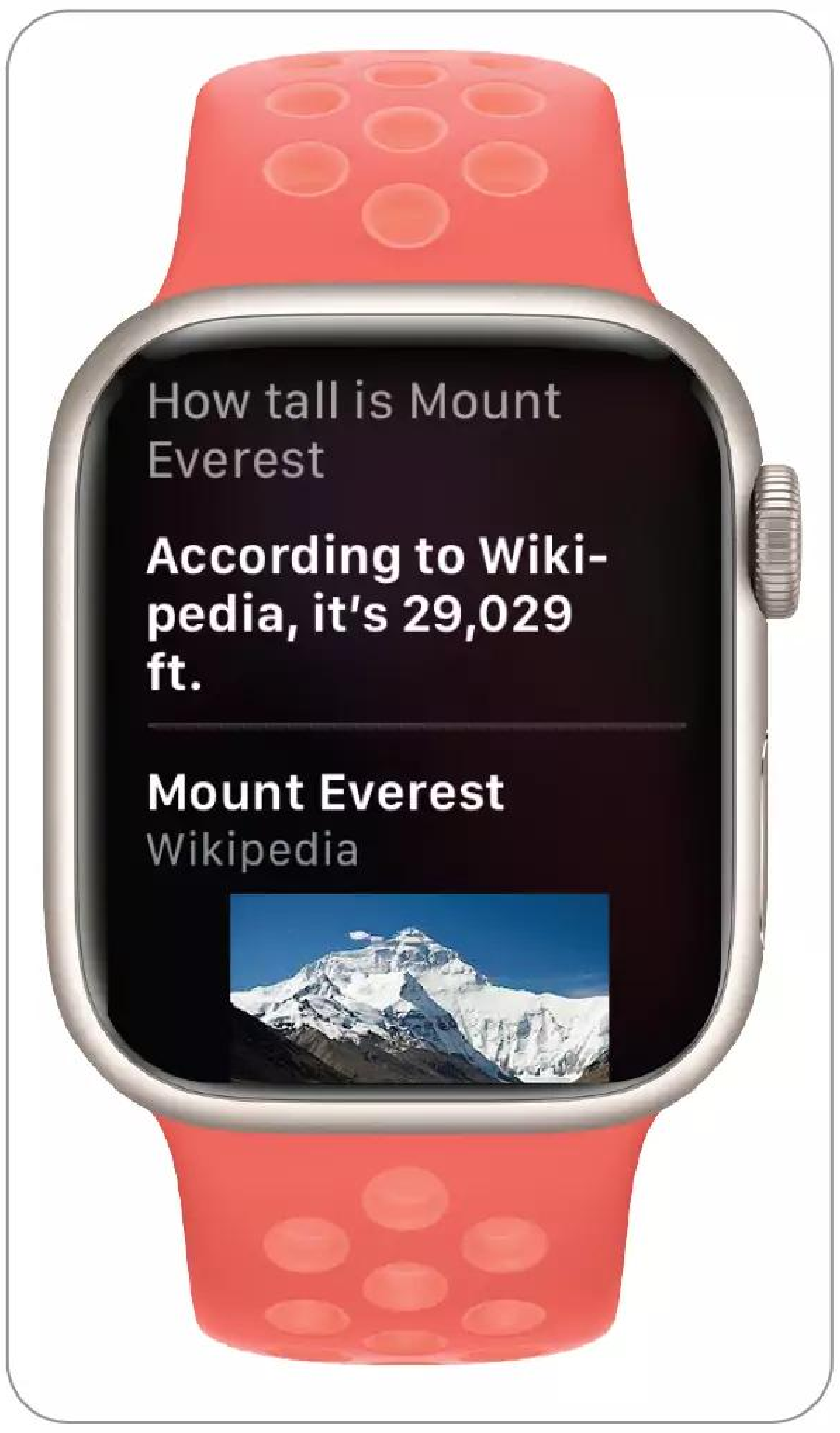


What is £27 in euros

Conversion

€30.46
£27.00

12 Siri can handle conversions too. Whether you want to convert feet to inches, MPH to KPH or miles to km, just ask Siri and it's done. Siri can convert between currencies too.

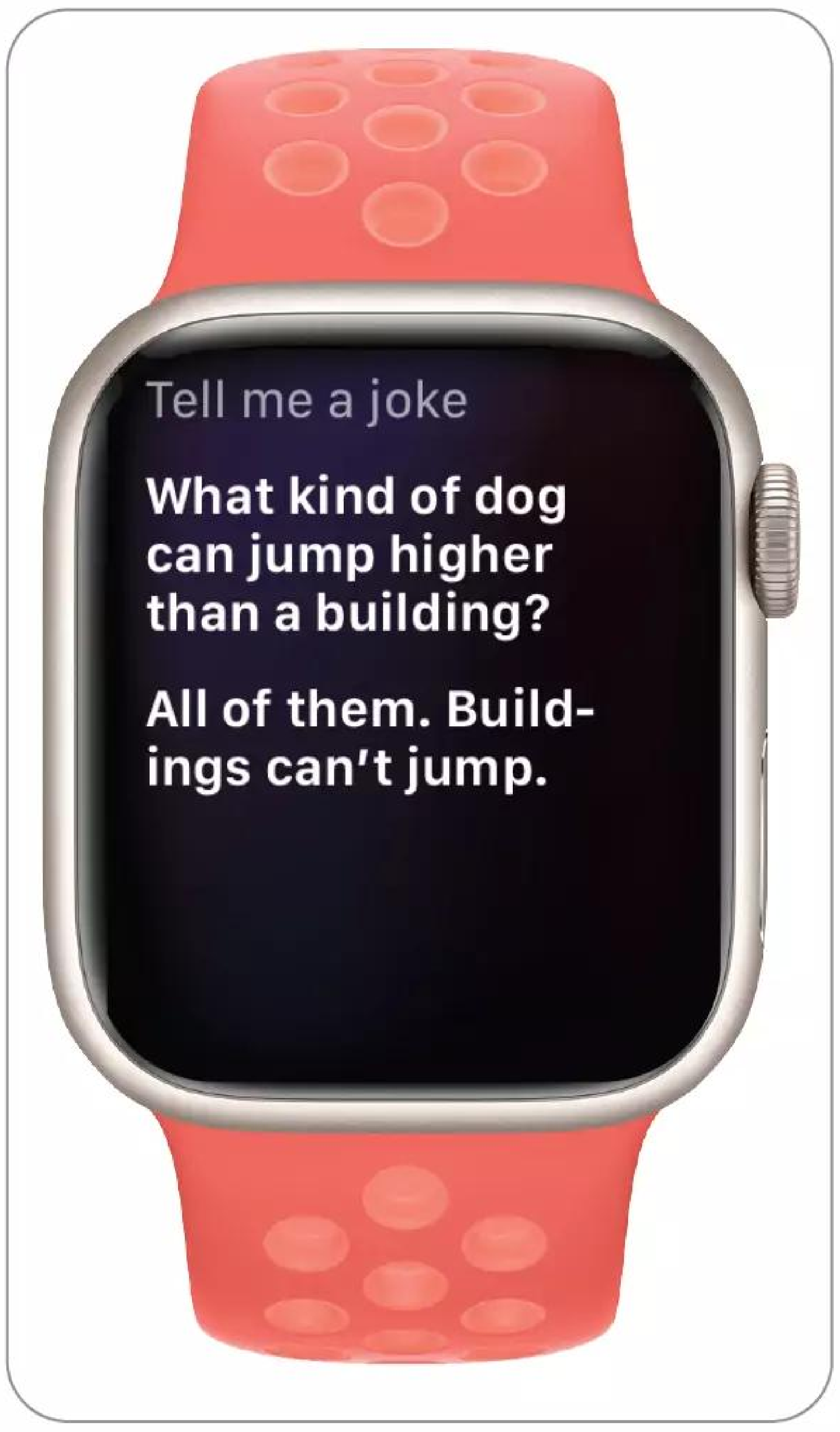


How tall is Mount Everest

According to Wikipedia, it's 29,029 ft.

Mount Everest
Wikipedia

13 It's great for factual information too. Ask a question such as "How tall is Mount Everest?" or "What's the capital of Peru?", and the answer is gleaned from the web and given to you.

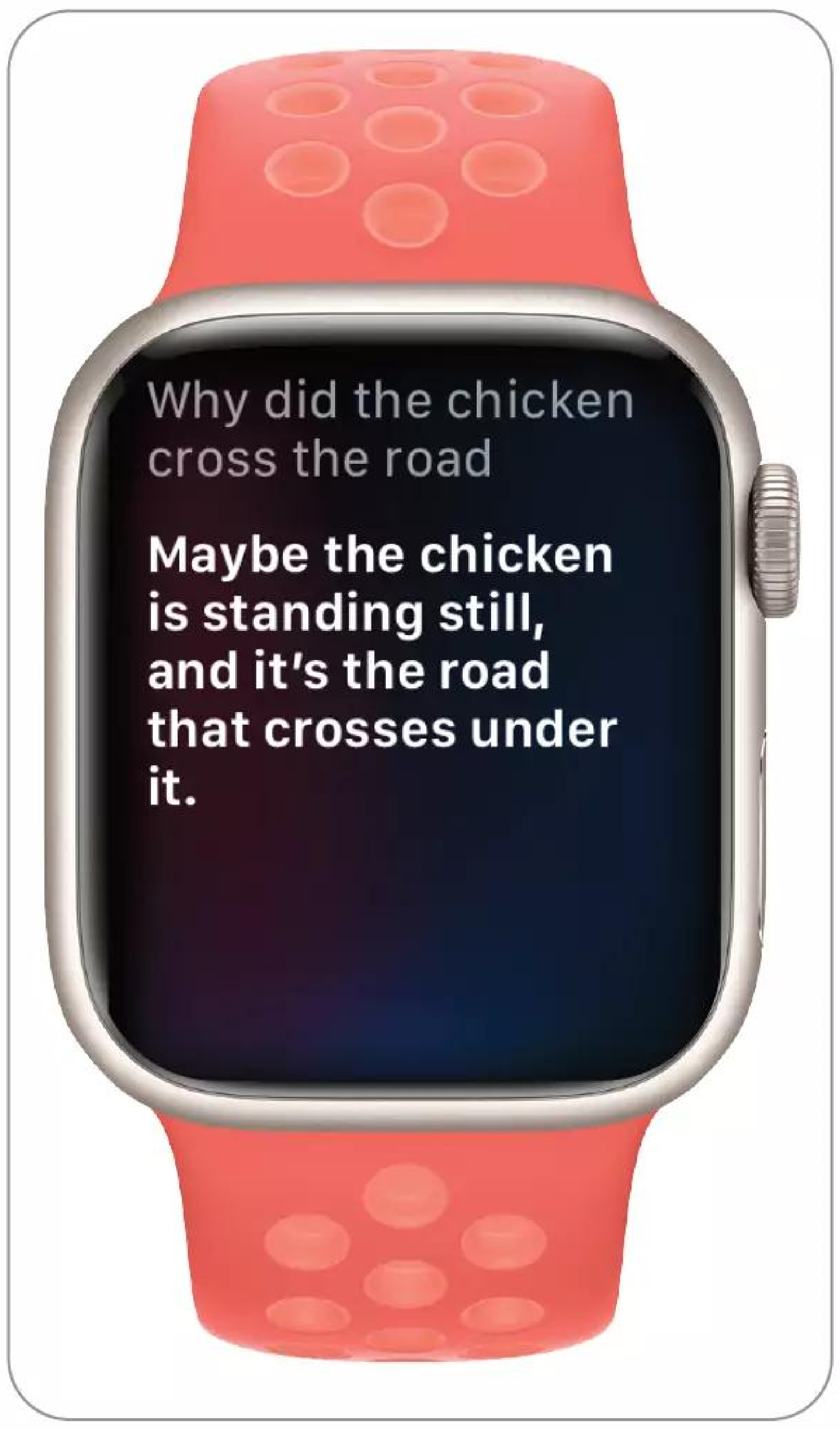


Tell me a joke

What kind of dog can jump higher than a building?

All of them. Buildings can't jump.

14 Siri is a terrible comedian. Ask the assistant to tell you a joke, and it will – but the joke will be terrible. It won't sing you a song, though. Siri would rather leave that to the professionals.



Why did the chicken cross the road

Maybe the chicken is standing still, and it's the road that crosses under it.

15 Ask a few silly things and Siri might come up with an answer. What is the meaning of life? Why did the chicken cross the road? Which came first, the chicken or the egg? Who am I?

Settings on Your Watch

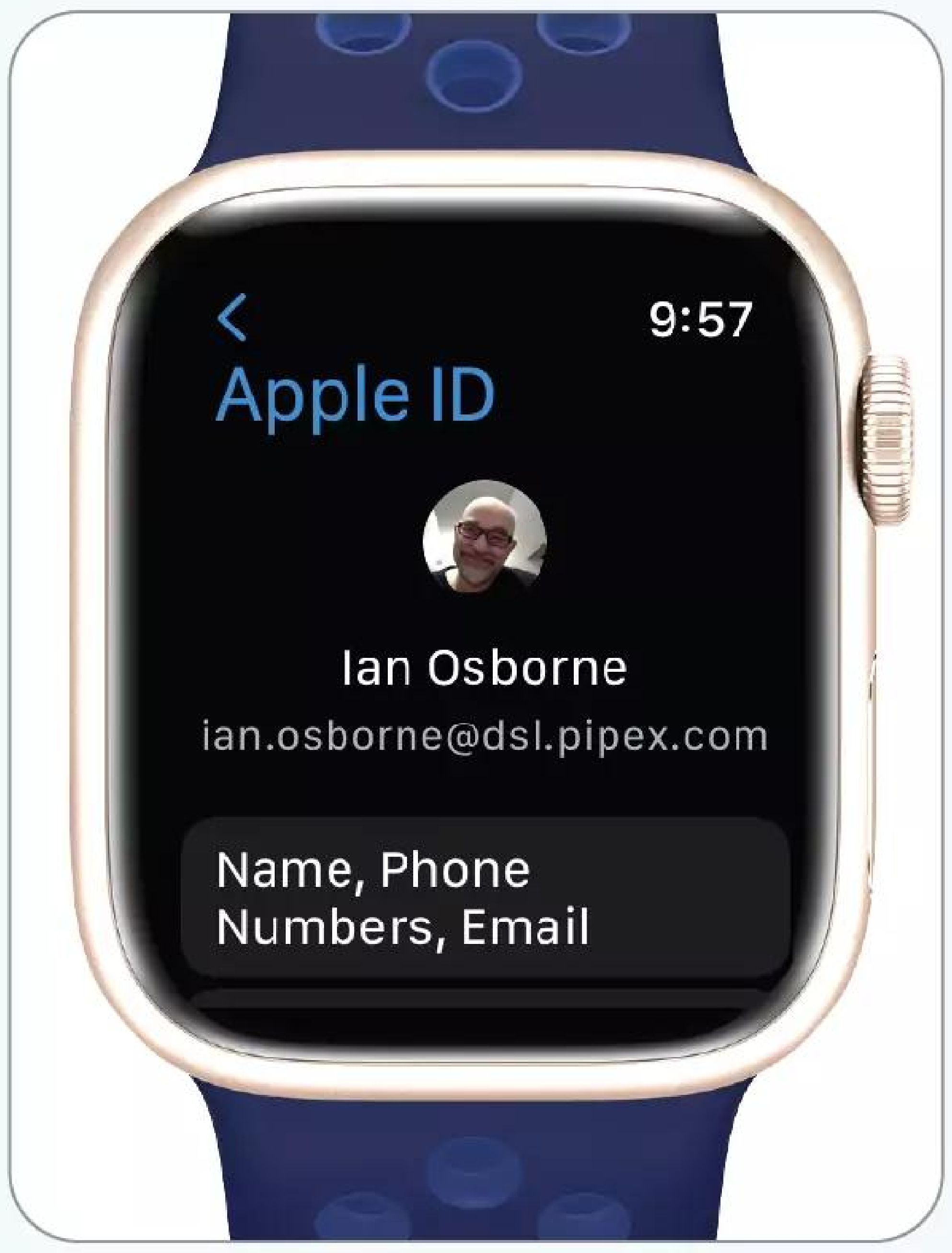
The Settings app on the Apple Watch does more than you think; and it's easy to find. On the Home screen, look for the grey icon showing an industrial cog, like the Settings app on the iPhone. Open this and you can access all sorts of features such as Bluetooth pairing, Privacy, Health, Do Not Disturb, Airplane Mode and Accessibility for the visually or hearing impaired. Let's take a look.

10:00
Notifications
Notifications appear when you're wearing your Apple Watch. They won't appear on your Apple Watch when you're using your iPhone.
Notifications Indicator
A red dot can appear at the top of your watch face
WATCH

What Settings Can Do for You

Open the Settings app and you'll see a long list of option categories. Here we'll go through them step by step, taking each in turn. With our guide, you can make all sorts of changes to the way your Apple Watch works.

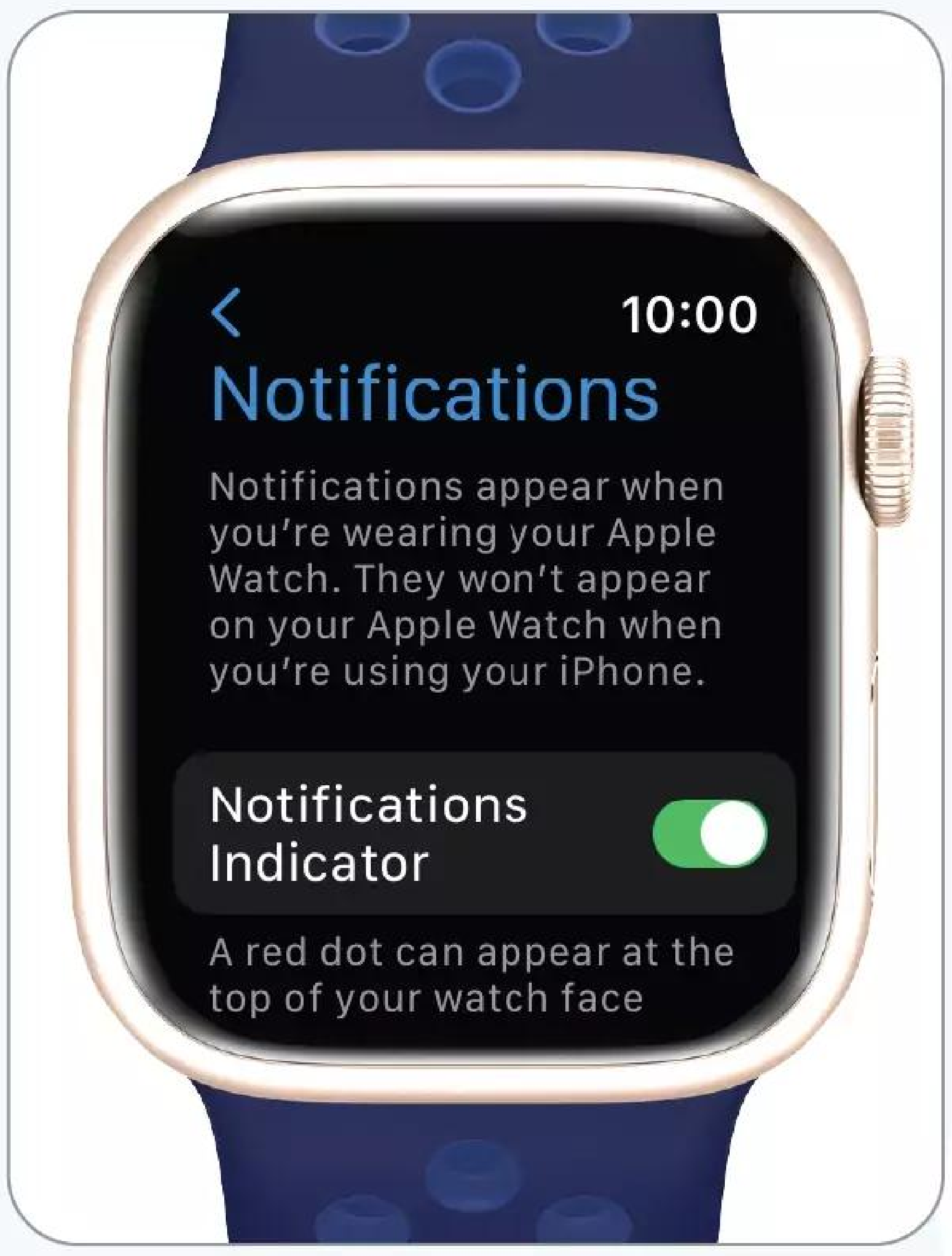
Apple ID



9:57
Apple ID
Ian Osborne
ian.osborne@dsl.pipex.com
Name, Phone Numbers, Email

At the top of the Settings app is an option displaying your name. Tap this for your Apple ID options. Under this option you can change your screen name, primary and secondary email addresses, your password and more. Scroll up for a list of all your Apple gear.

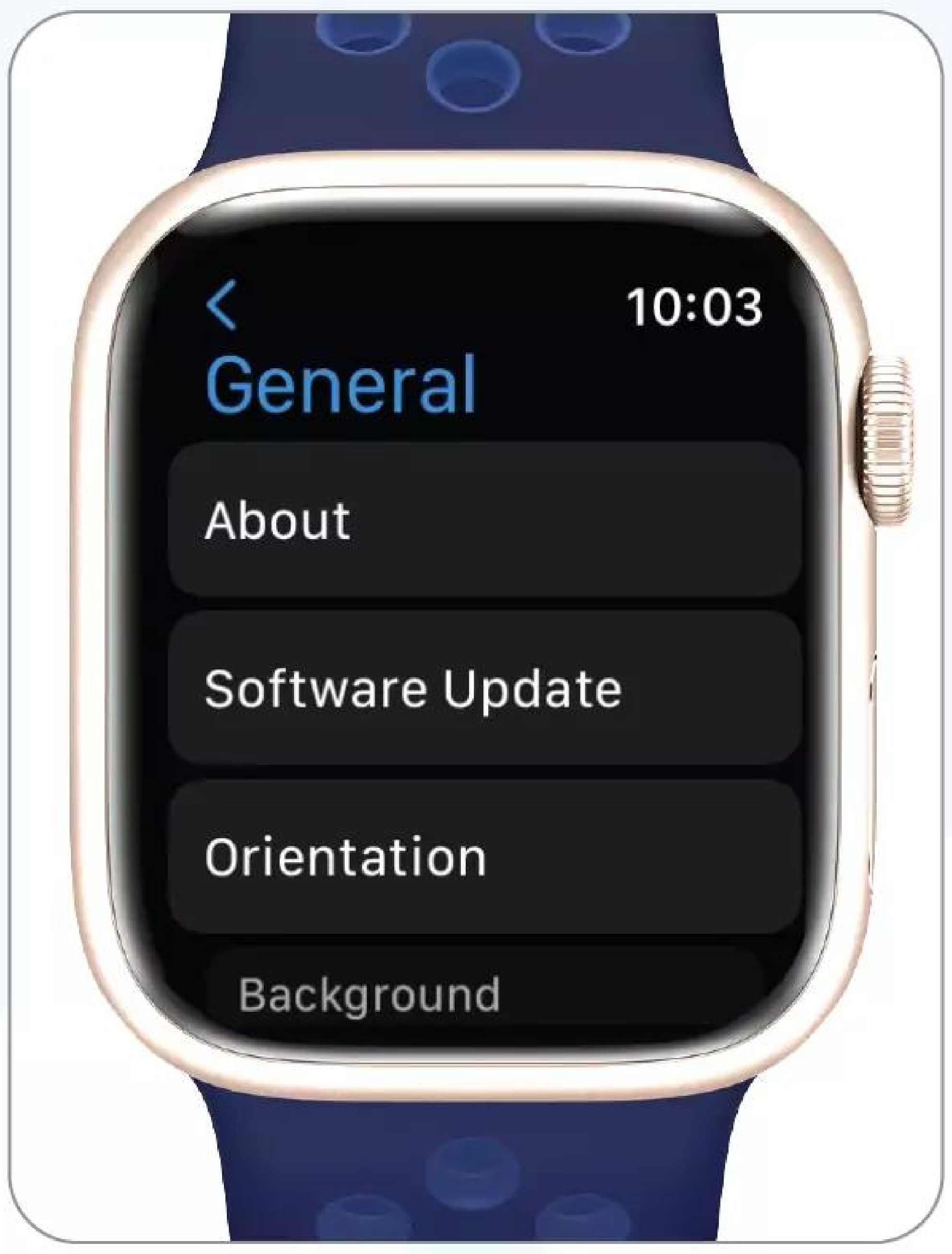
Notifications



10:00
Notifications
Notifications appear when you're wearing your Apple Watch. They won't appear on your Apple Watch when you're using your iPhone.
Notifications Indicator
A red dot can appear at the top of your watch face

In the Notifications section of Settings, you can turn off the red dot that appears above the watch face when a notification has arrived. You can also turn other features on and off, including Show Summary When Locked, Tap to Show Full Notification and more.

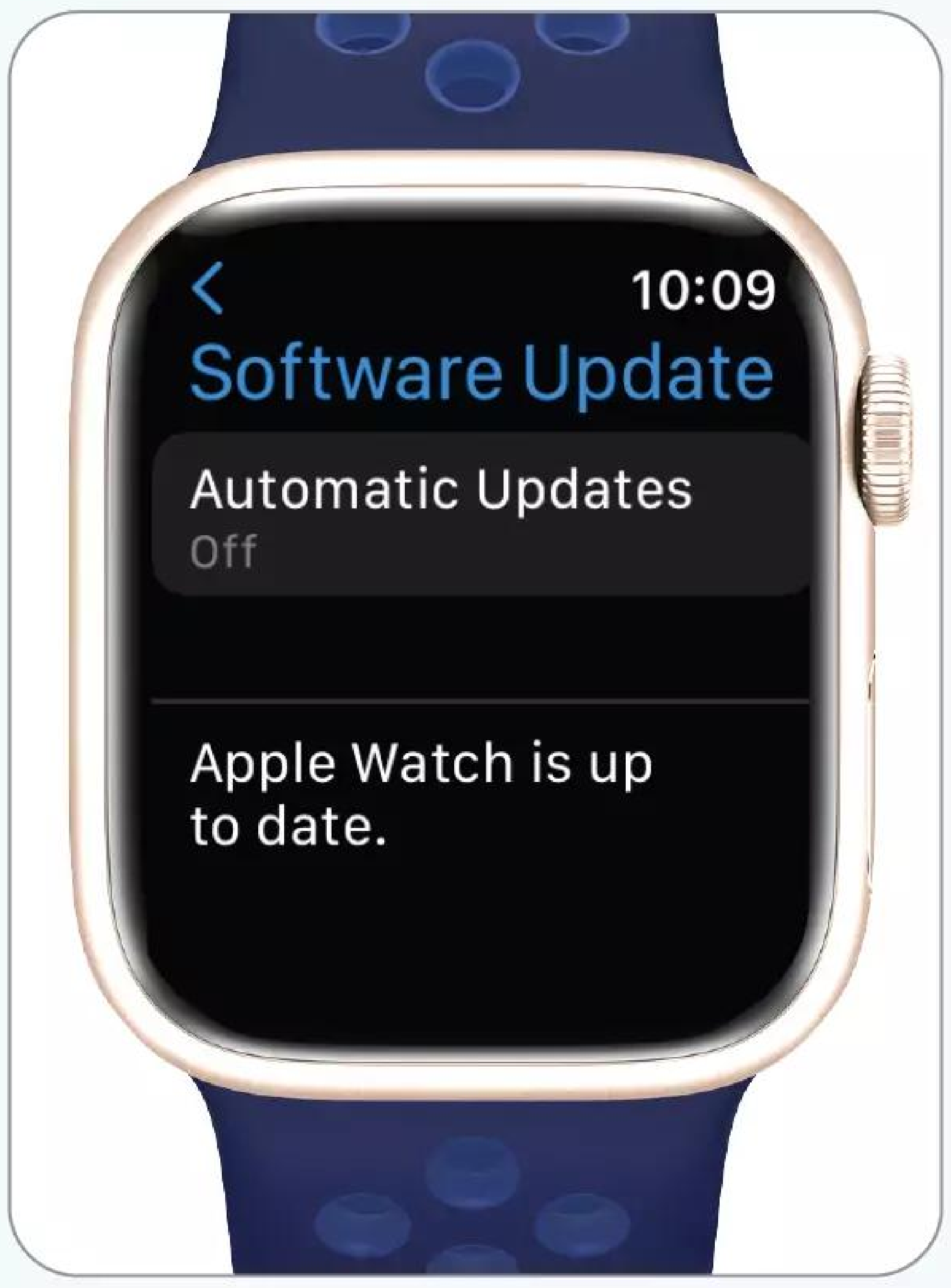
General



10:03
General
About
Software Update
Orientation
Background

The General Settings page offers a long list of options, including Software Update, Background App Refresh, Orientation, Bedside Mode, Handoff, Dictation, Screenshots and more. Most are self explanatory, but we cover some of the more in-depth ones here.

General > Software Update



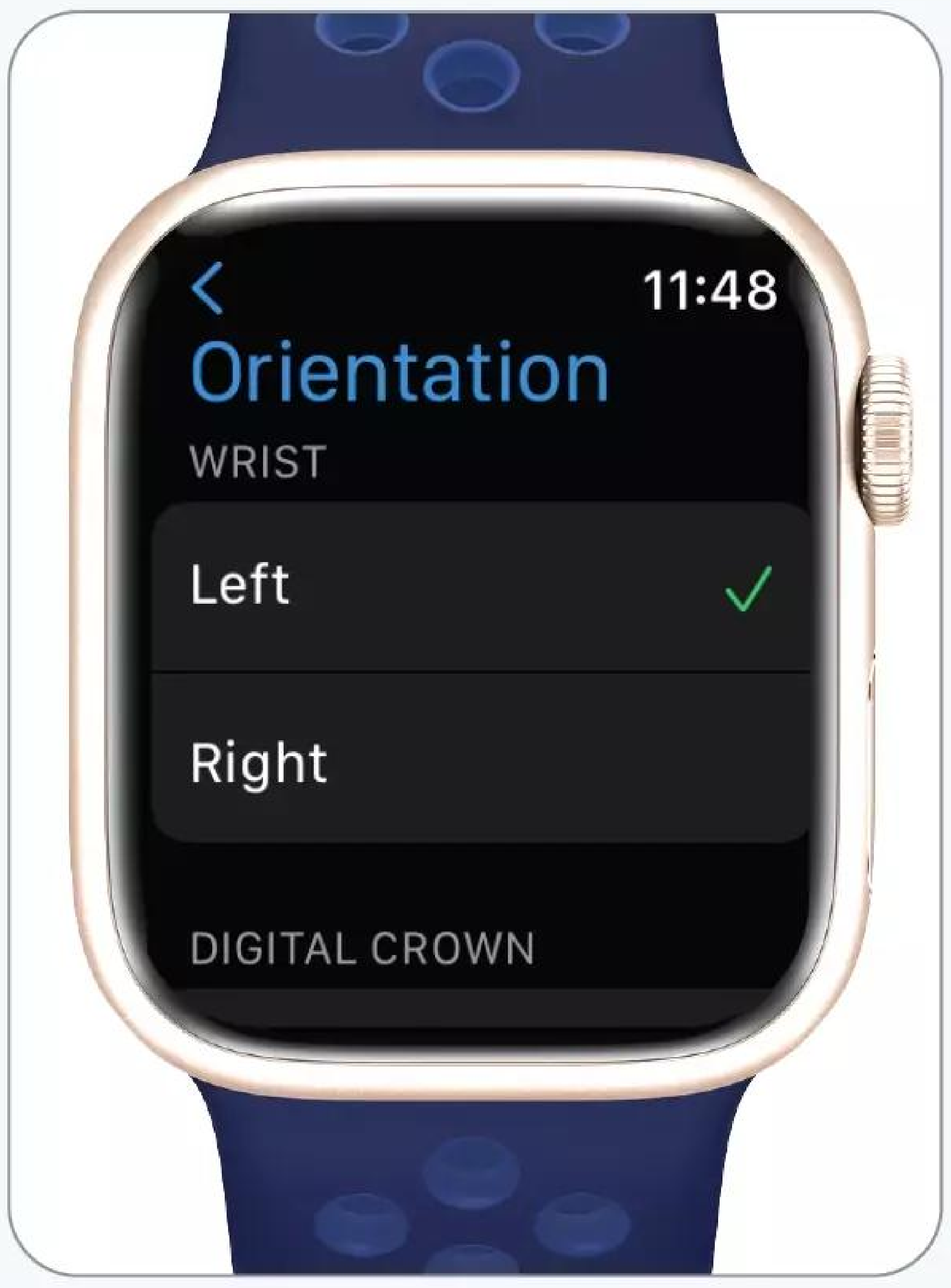
10:09
Software Update

Automatic Updates
Off

Apple Watch is up to date.

Tap Automatic Updates and you can choose to have updates to your Apple Watch install automatically overnight; when your watch is charging. If you don't switch this option on, you'll have to update manually when you get a notification that there's a new update available.

General > Orientation



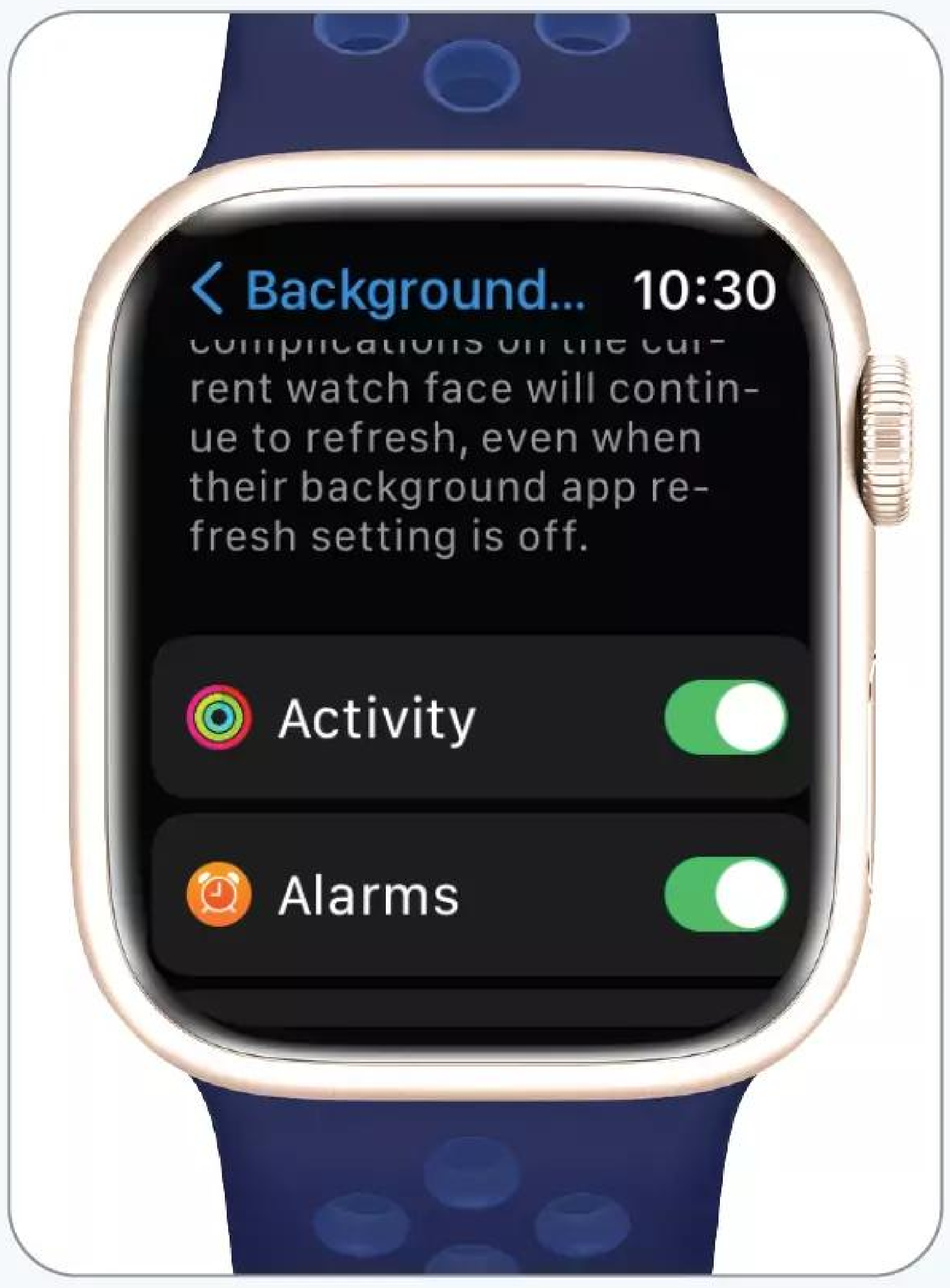
11:48
Orientation

WRIST
Left ✓
Right

DIGITAL CROWN

Do you wear your watch on your right or left wrist? Do you prefer your Digital Crown and Side Button on the right-hand or left-hand side of your watch? In this section, you can set this up, so the watch is the right way up and behaves correctly however you wear it.

General > Background App Refresh



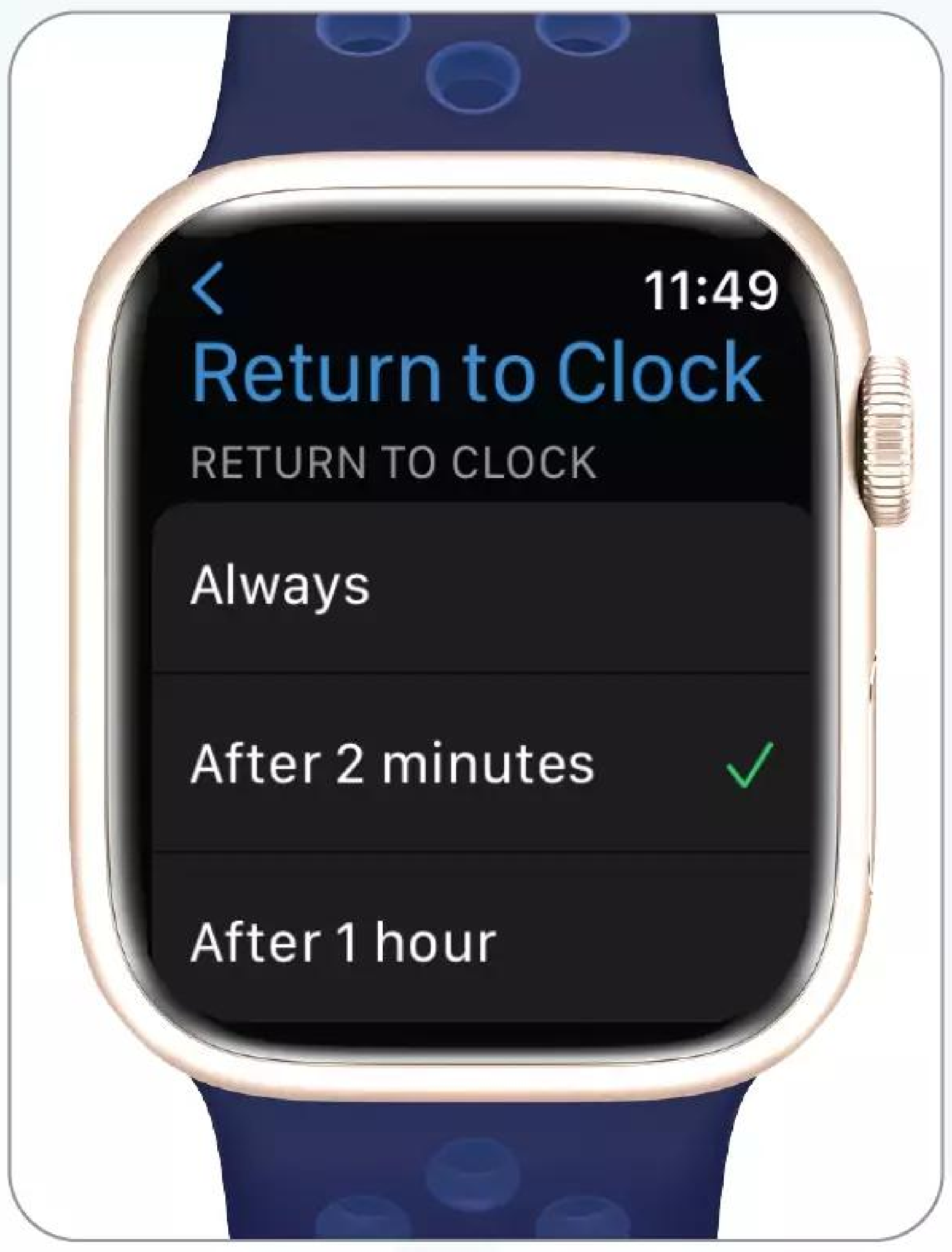
< Background... 10:30

complications on the current watch face will continue to refresh, even when their background app refresh setting is off.

Activity ☑
Alarms ☑

When on, applications refresh their data even when the app is closed. Switching it off saves battery life, but you have to open an app for it to update information such as Activity rings and incoming emails. You can turn off Background Refresh on a per-app basis too.

General > Return to Clock

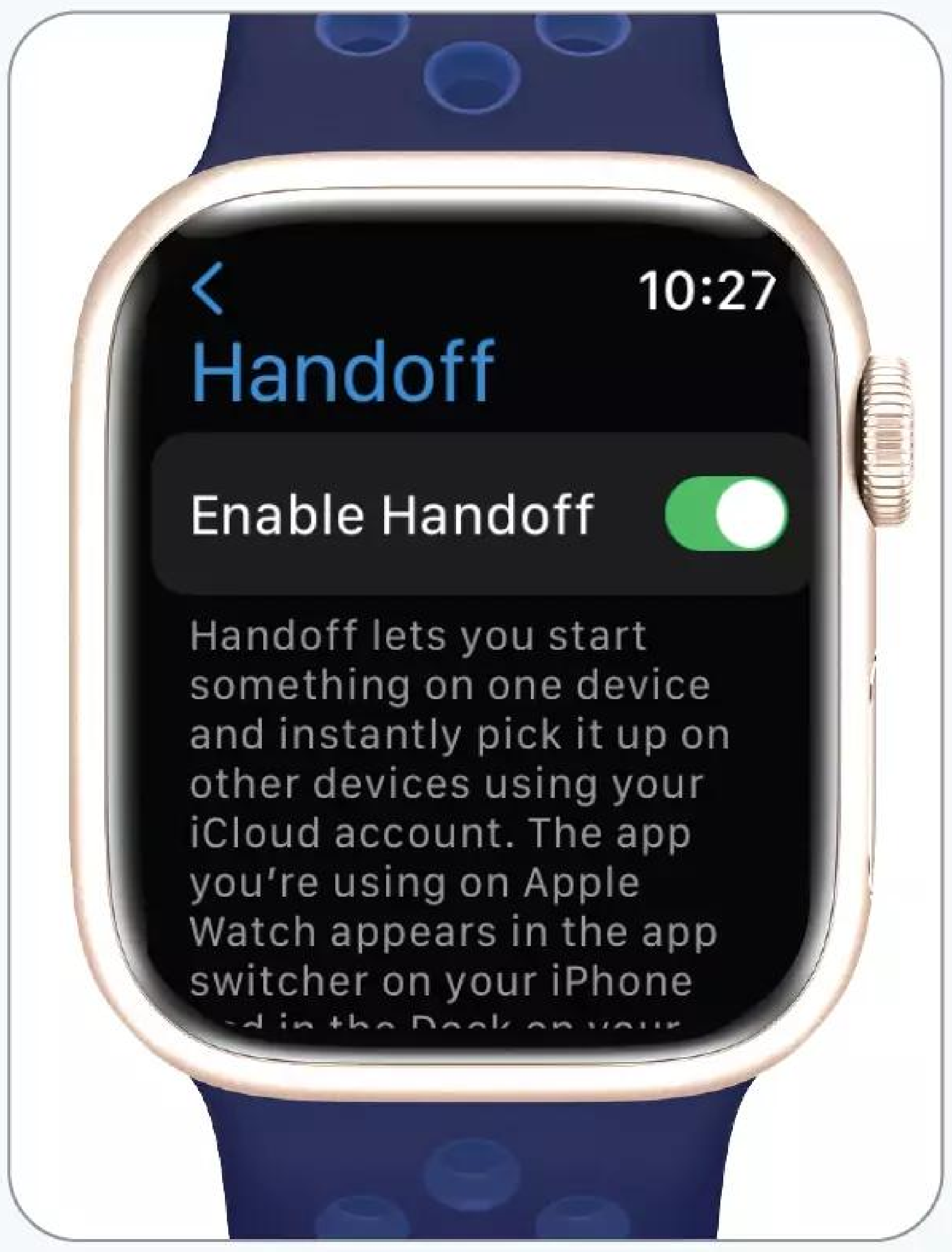


11:49
Return to Clock

RETURN TO CLOCK
Always
After 2 minutes ✓
After 1 hour

If you launch an app and leave it open, you can set your watch to return to the clock face as soon as you move your wrist, after two minutes or after an hour. You can set individual apps to behave differently to these default settings too, if you wish. Scroll up for the apps.

General > Handoff



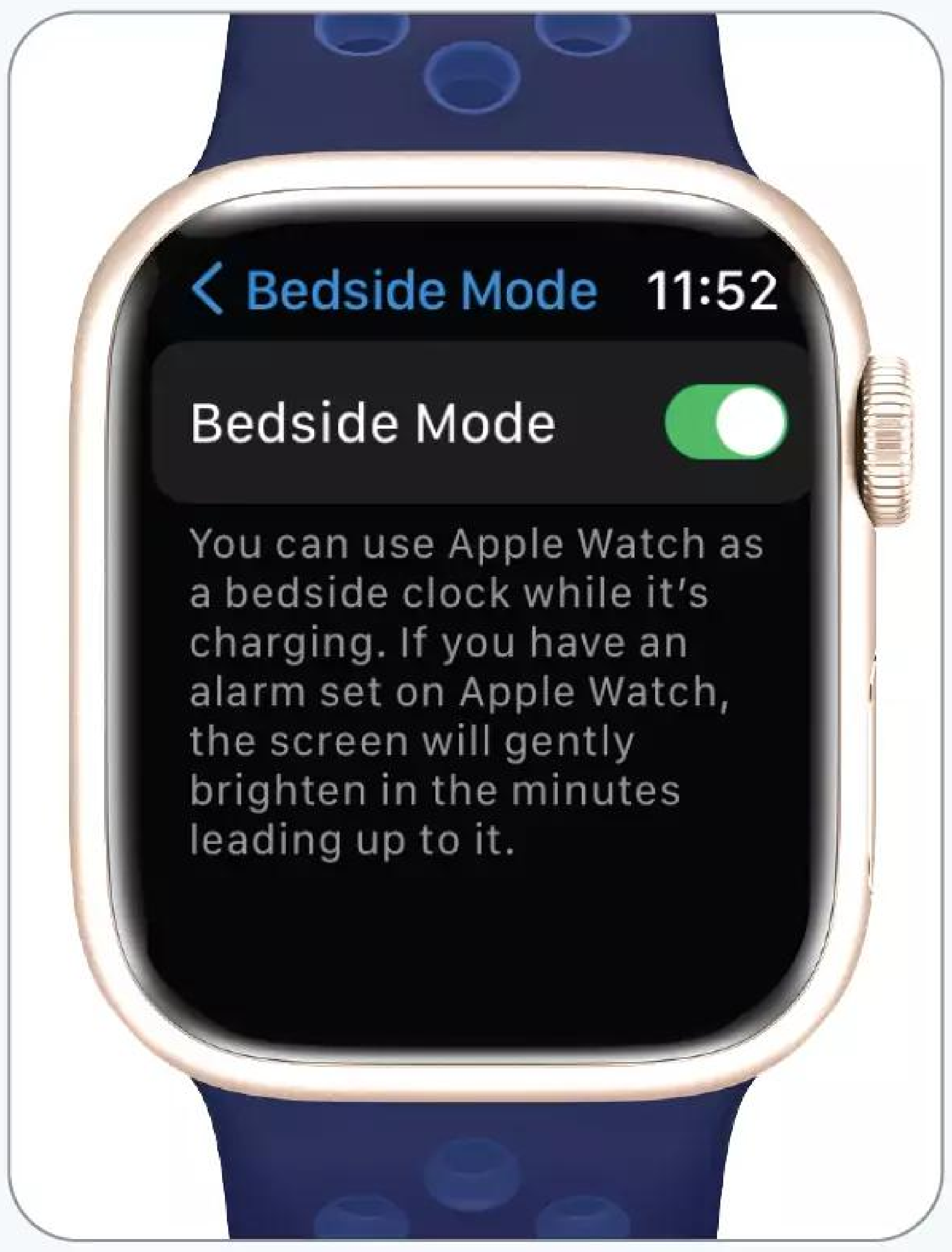
10:27
Handoff

Enable Handoff ☑

Handoff lets you start something on one device and instantly pick it up on other devices using your iCloud account. The app you're using on Apple Watch appears in the app switcher on your iPhone

Handoff lets you start a task on one Apple device and pick it up on another. With it on, the app you're using on your watch appears on the iPhone/iPad's App Switcher and the Mac's Dock. Open it on these devices to pick up where you left off on your watch.

General > Bedside Mode



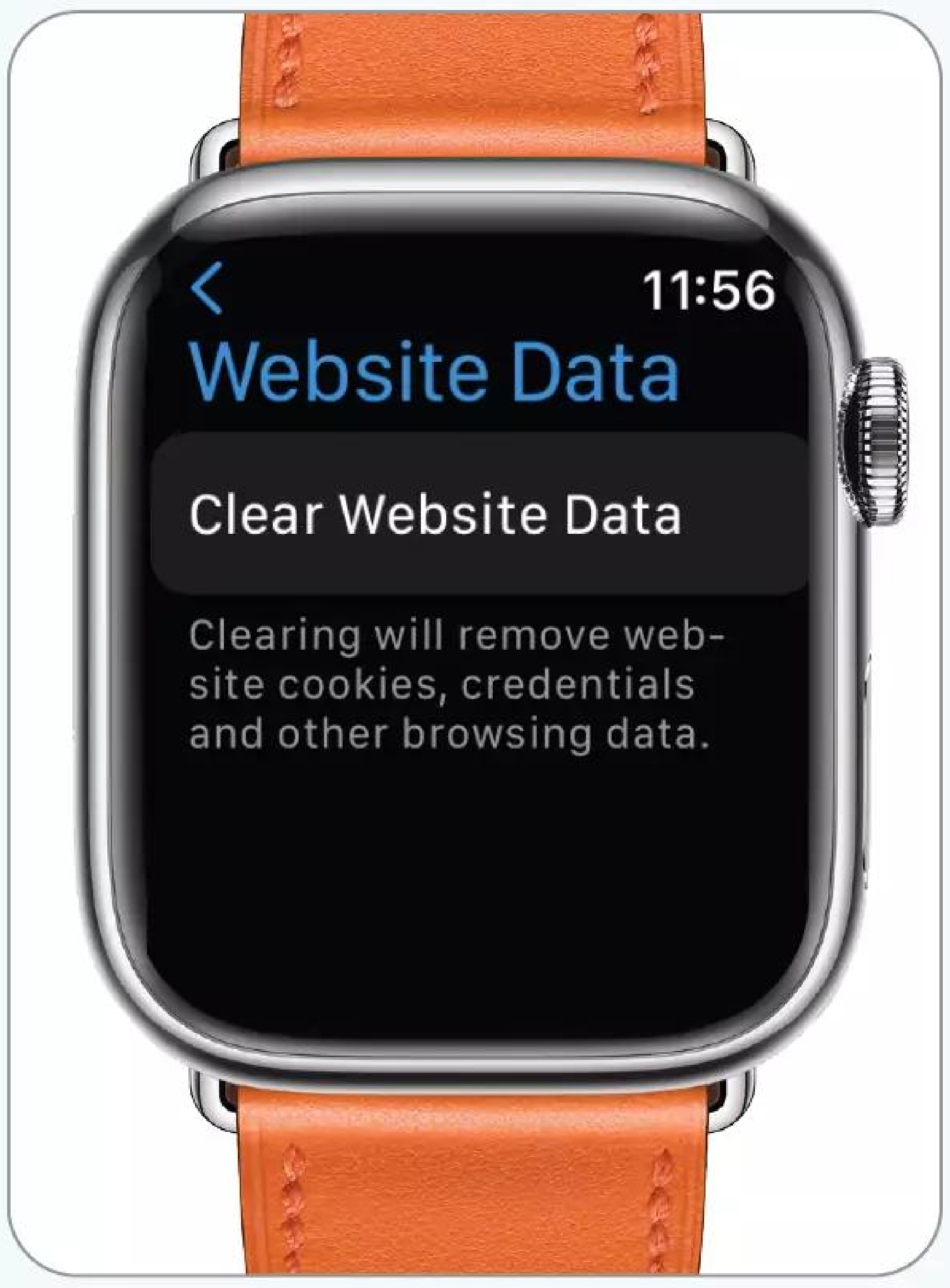
< Bedside Mode 11:52

Bedside Mode ☑

You can use Apple Watch as a bedside clock while it's charging. If you have an alarm set on Apple Watch, the screen will gently brighten in the minutes leading up to it.

The General Settings page offers a long list of options, including Software Update, Background App Refresh, Orientation, Bedside Mode, Handoff, Dictation, Screenshots and more. Most are self explanatory, but we cover some of the more in-depth ones here.

General > Website Data



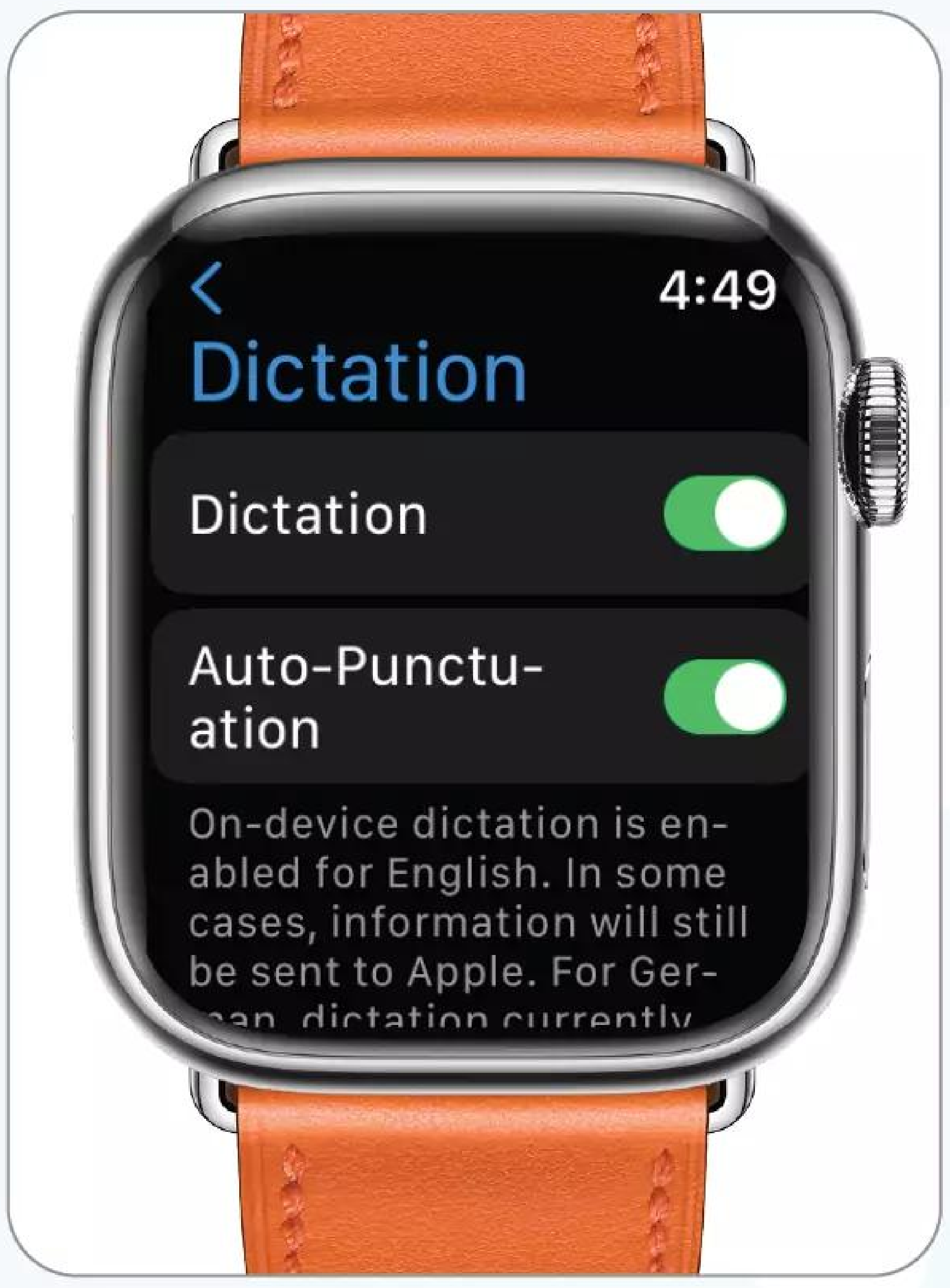
Website Data

Clear Website Data

Clearing will remove website cookies, credentials and other browsing data.

If you want to clear website data such as cookies, credentials and more, open this section and tap the Clear Website Data button. You're invited to clear it or cancel. Clearing website data is good for privacy, but it might slow down reloading pages. It's not really necessary.

General > Dictation



Dictation

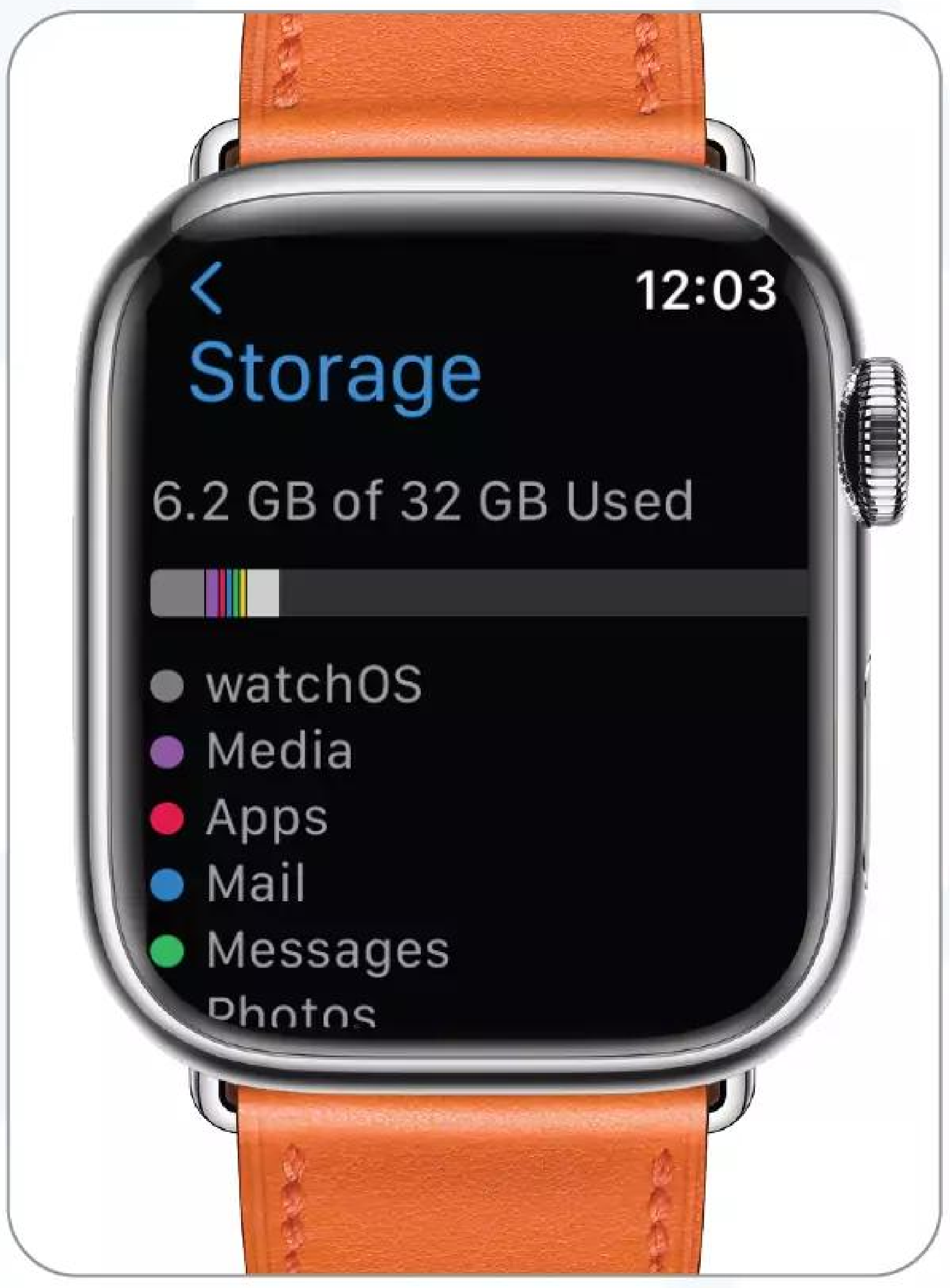
Dictation ☑

Auto-Punctuation ☑

On-device dictation is enabled for English. In some cases, information will still be sent to Apple. For Ger-

If you use your Apple Watch's microphone for Dictation, that is, speaking a message or email and having your speech turned into text, what you say may be sent to Apple for conversion. If you don't want this to happen, turn it off in the General app's Dictation section.

General > Storage



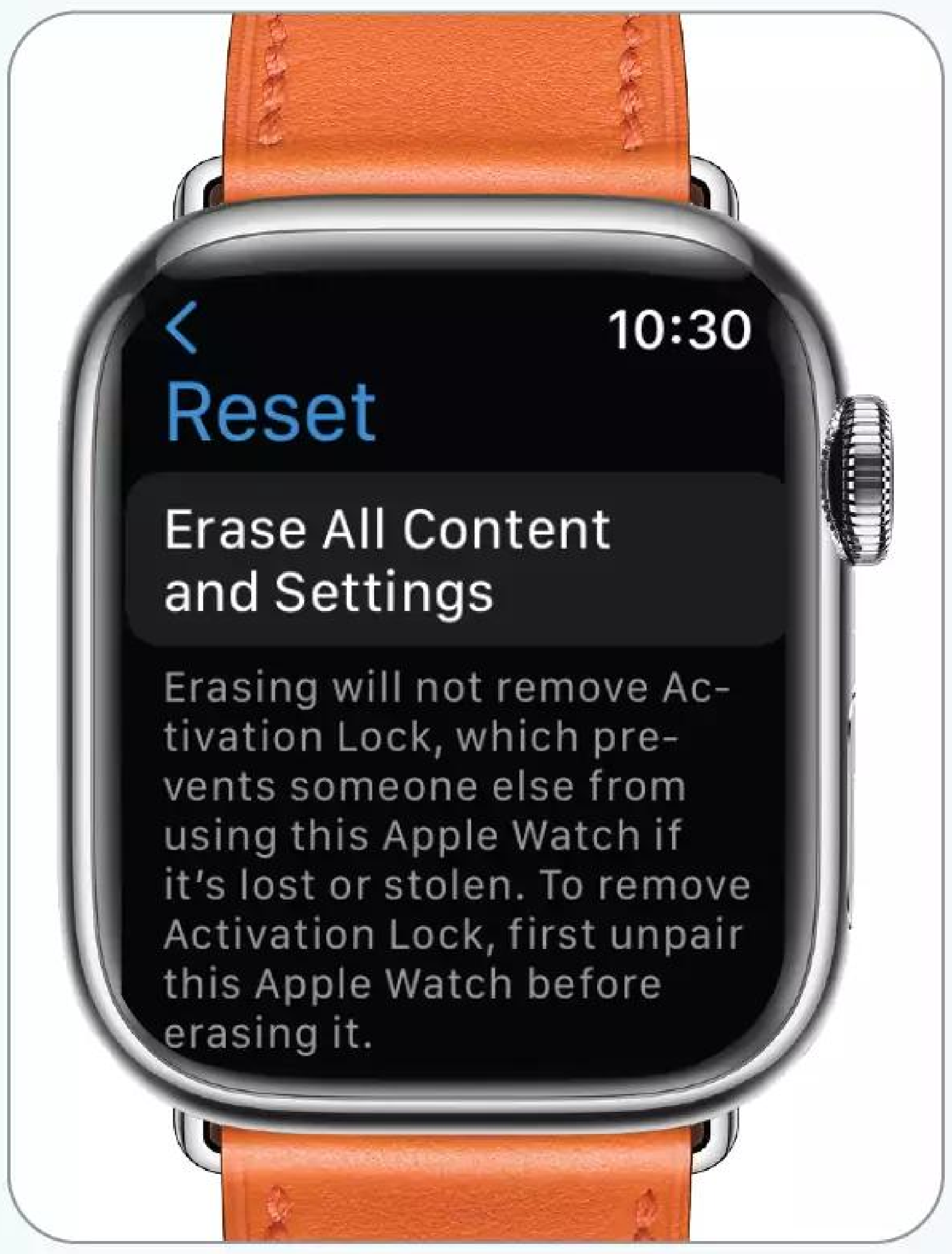
Storage

6.2 GB of 32 GB Used

- ● watchOS
- ● Media
- ● Apps
- ● Mail
- ● Messages
- Photos

The General app's Storage option shows how much space you have spare on your Apple Watch, and breaks down what you're using your storage for. Scroll up to see your apps listed. Tap one to see how much space the app takes up, and also how much its data uses.

General > Reset



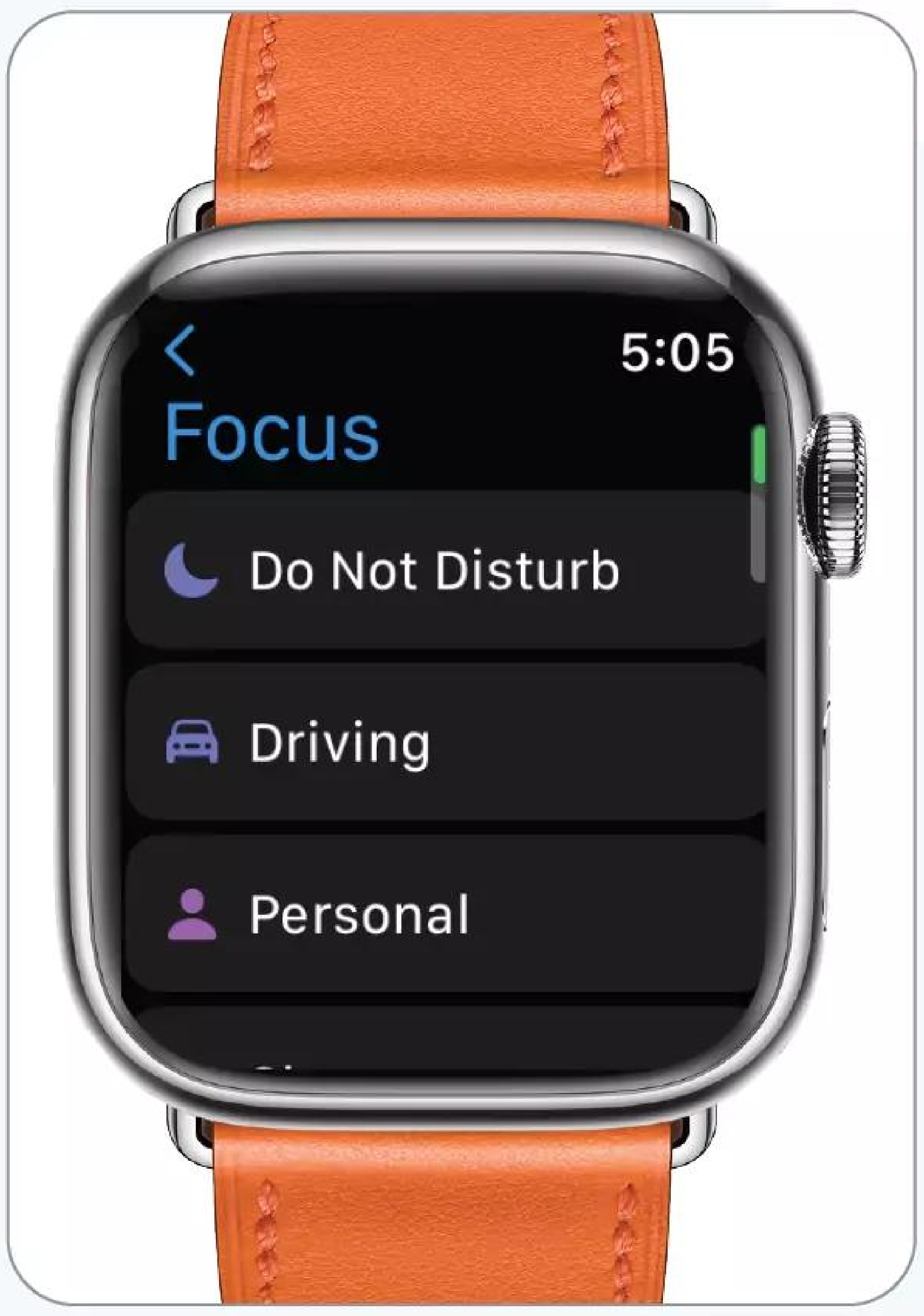
Reset

Erase All Content and Settings

Erasing will not remove Activation Lock, which prevents someone else from using this Apple Watch if it's lost or stolen. To remove Activation Lock, first unpair this Apple Watch before erasing it.

Under this option you can wipe your Apple Watch clean, and start again. It will only remove Activation Lock if you've unpaired it from your iPhone; this is a security feature which prevents a thief using a stolen watch. You can also reset the Home screen here.

Focus

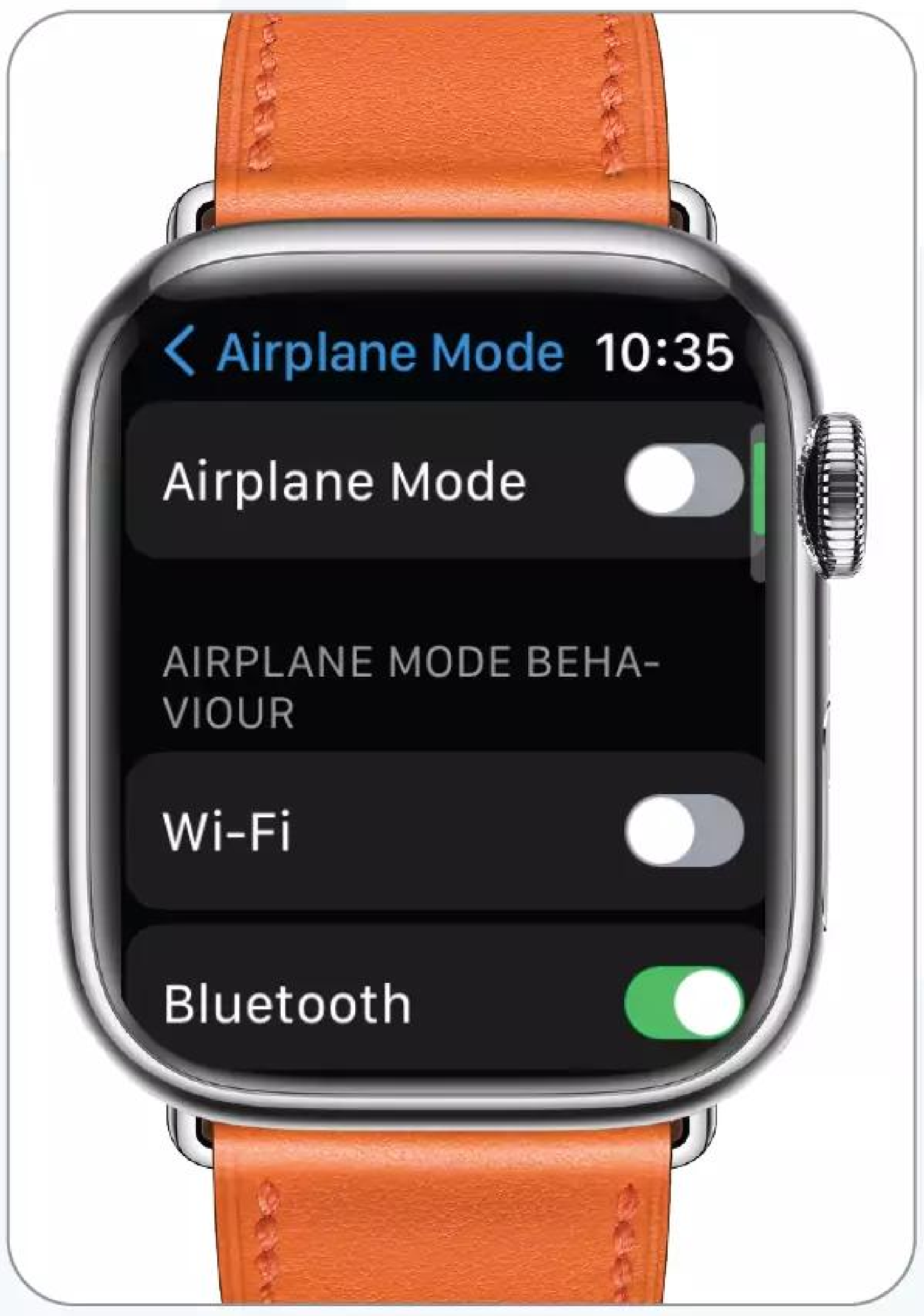


Focus

- Do Not Disturb
- Driving
- Personal

If you've set up Focuses on your iPhone, iPad or Mac, they appear here. If not, you're still offered the default Focuses. Tap one to configure it. Scroll for an option to Mirror my iPhone; with this on, activating a Focus on your phone also activates it on your watch.

Airplane Mode



Airplane Mode ☐

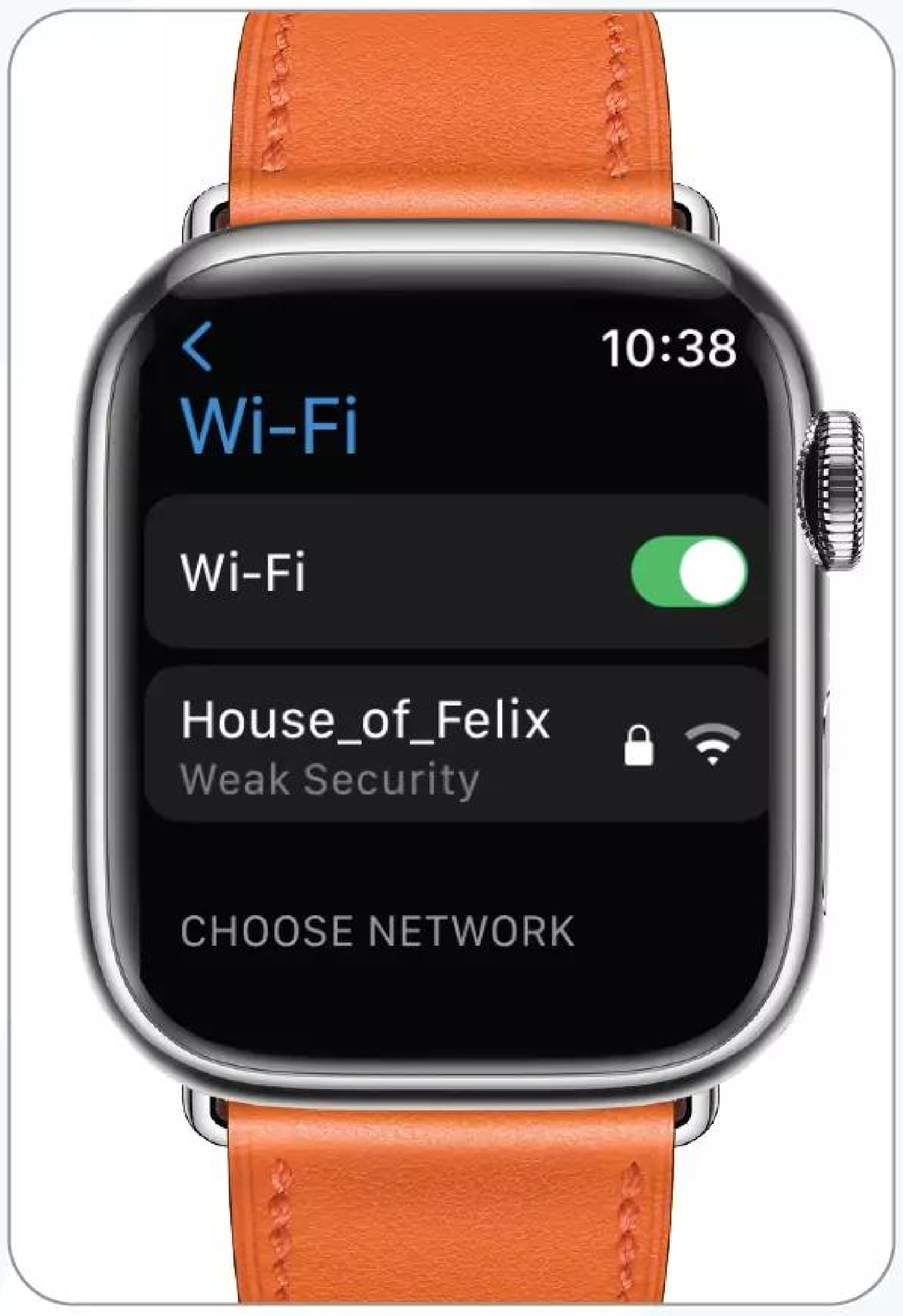
AIRPLANE MODE BEHAVIOUR

Wi-Fi ☐

Bluetooth ☑

Airplane Mode is required when flying on certain airlines. The Airplane Mode lets you switch it on and off. You can also change its behaviour. By default, it turns off Wi-Fi but not Bluetooth, but you can configure this. It always turns off your cellular data.

Wi-Fi

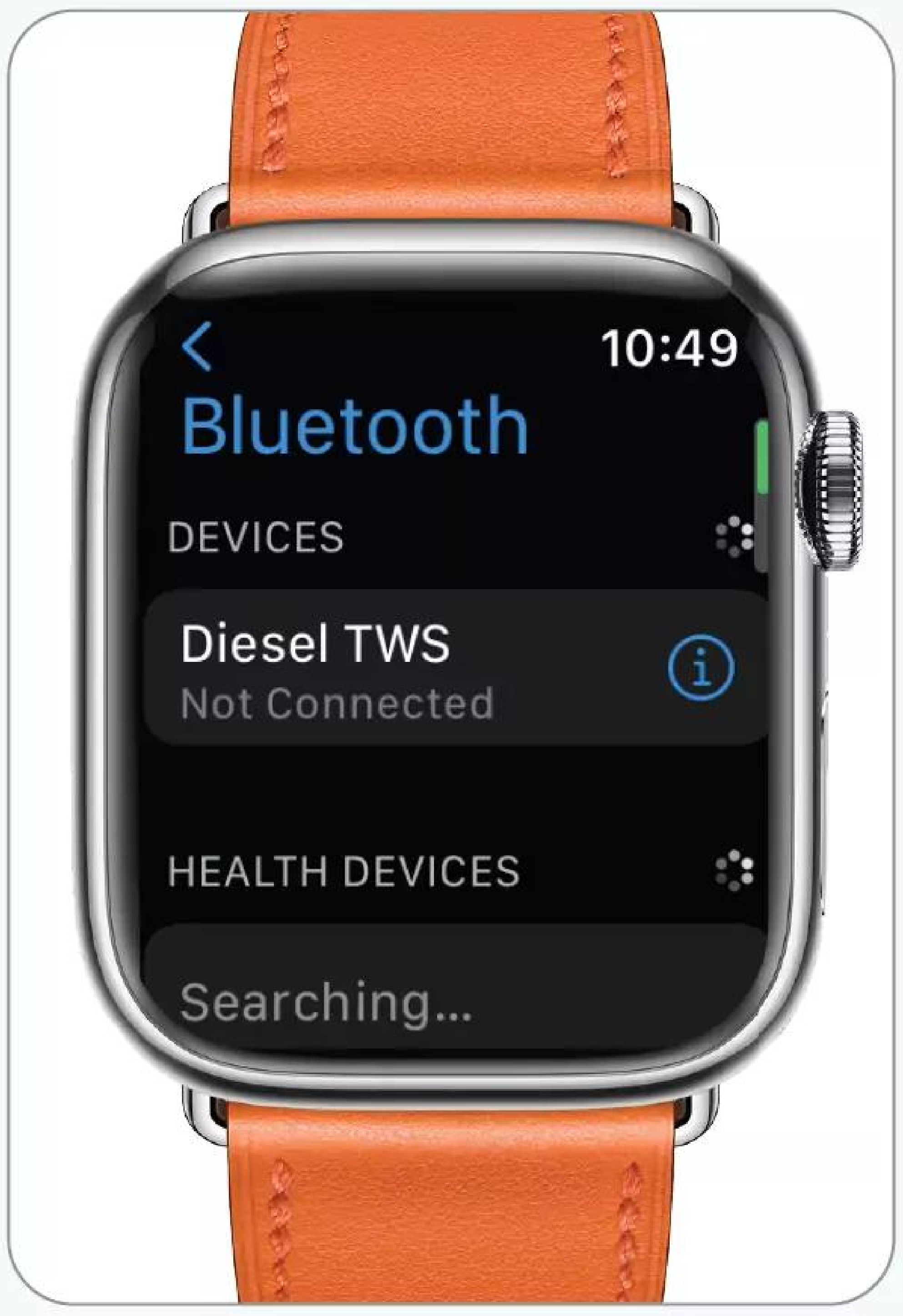


Wi-Fi ●

House_of_Felix
Weak Security

Under this option, you can turn your Apple Watch's Wi-Fi option on and off, and also configure its access to your home network or choose another one to join. You can also set it to automatically join Wi-Fi hotspots, never join them or only join after asking.

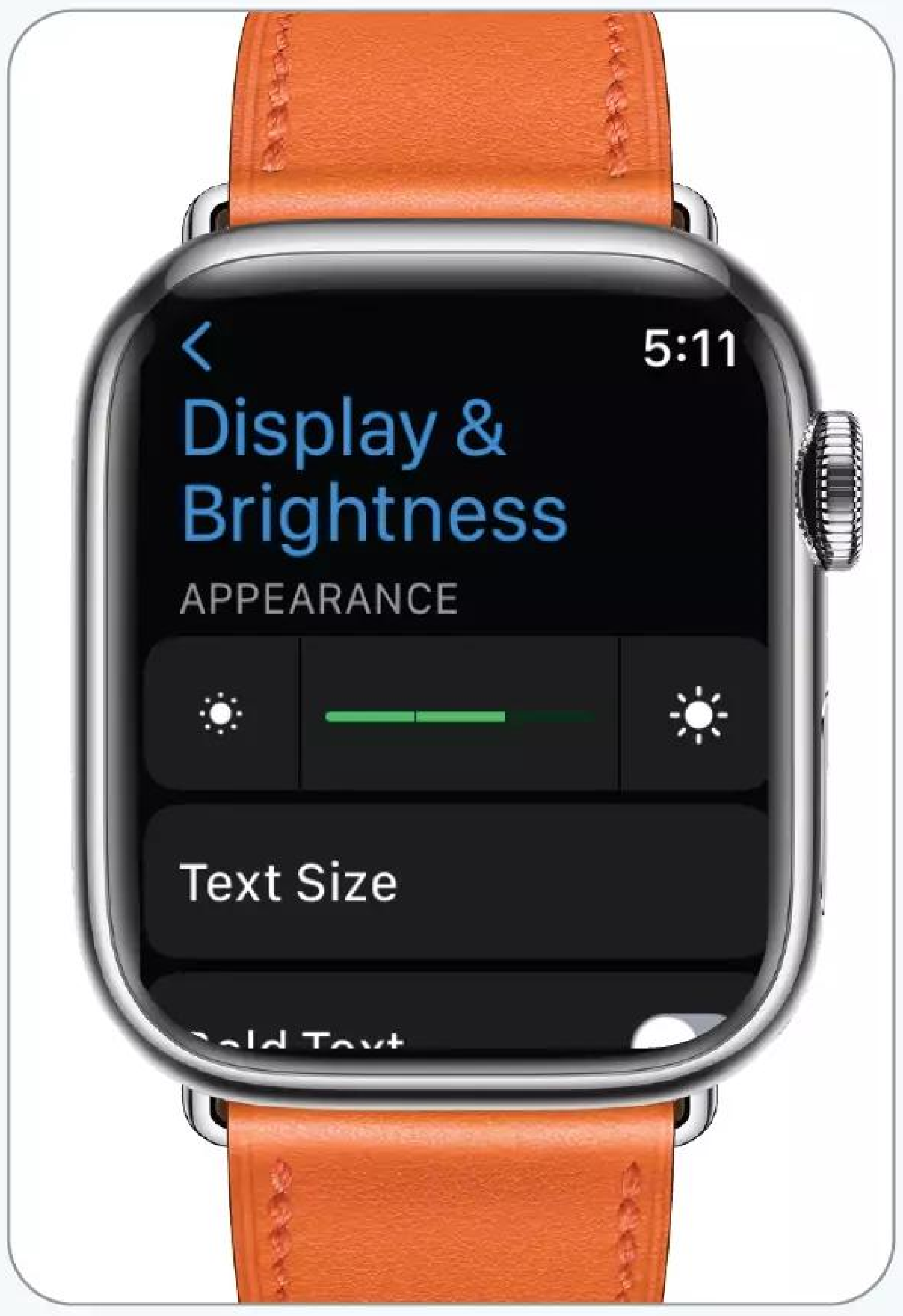
Bluetooth



Diesel TWS
Not Connected

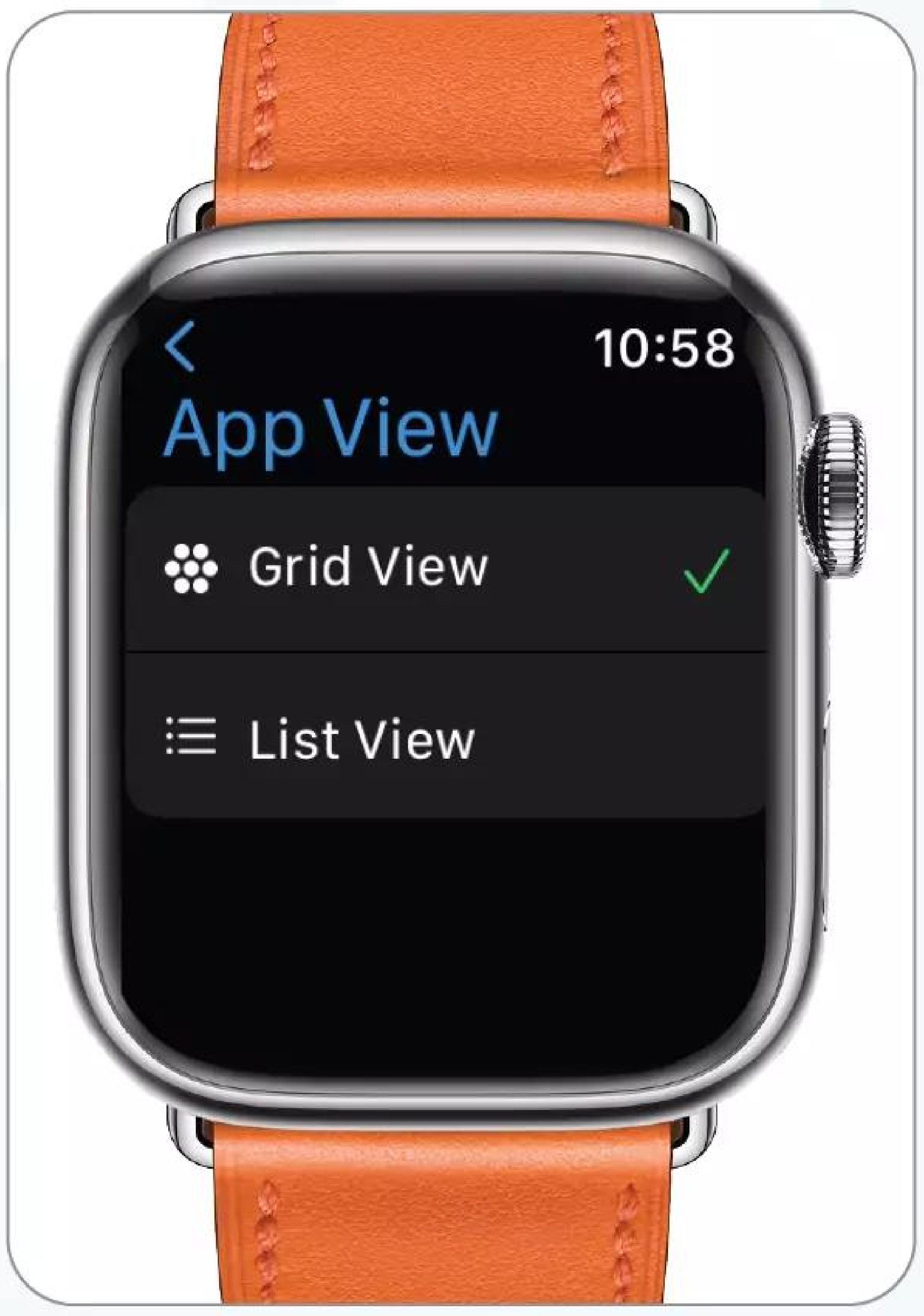
You can pair Bluetooth devices here. Put it into Pairing Mode and open General > Bluetooth, and tap the device when it appears to pair. Tap the 'i' next to a previously paired device and you can delete it from your watch. Scroll for an option to turn Bluetooth off.

Display & Brightness



Tap the small or large sun to dim or brighten the screen. Tap Text Size and make on-screen text larger or smaller, and switch Bold Text on or off. You can also change the watch's Always On feature and what's shown, and configure when it wakes from its sleep mode.

App View

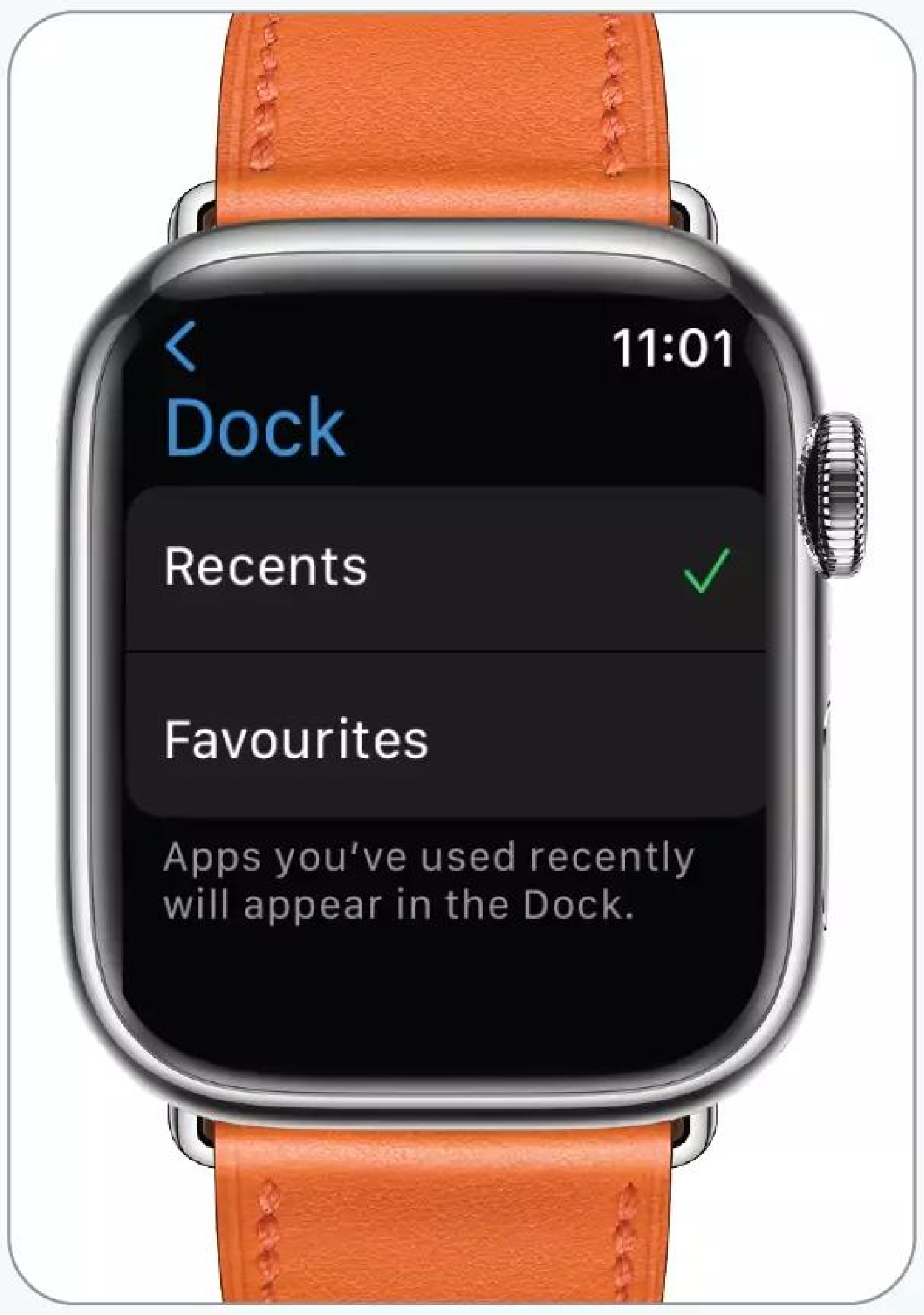


Grid View ✓

List View

On the Home screen, your Apple Watch's apps can be displayed in Grid View (as round icons set in a grid, like a flower with the watch face in the centre), or a List View (a straightforward list of apps, in alphabetical order). Under App View, you can switch between them.

Dock



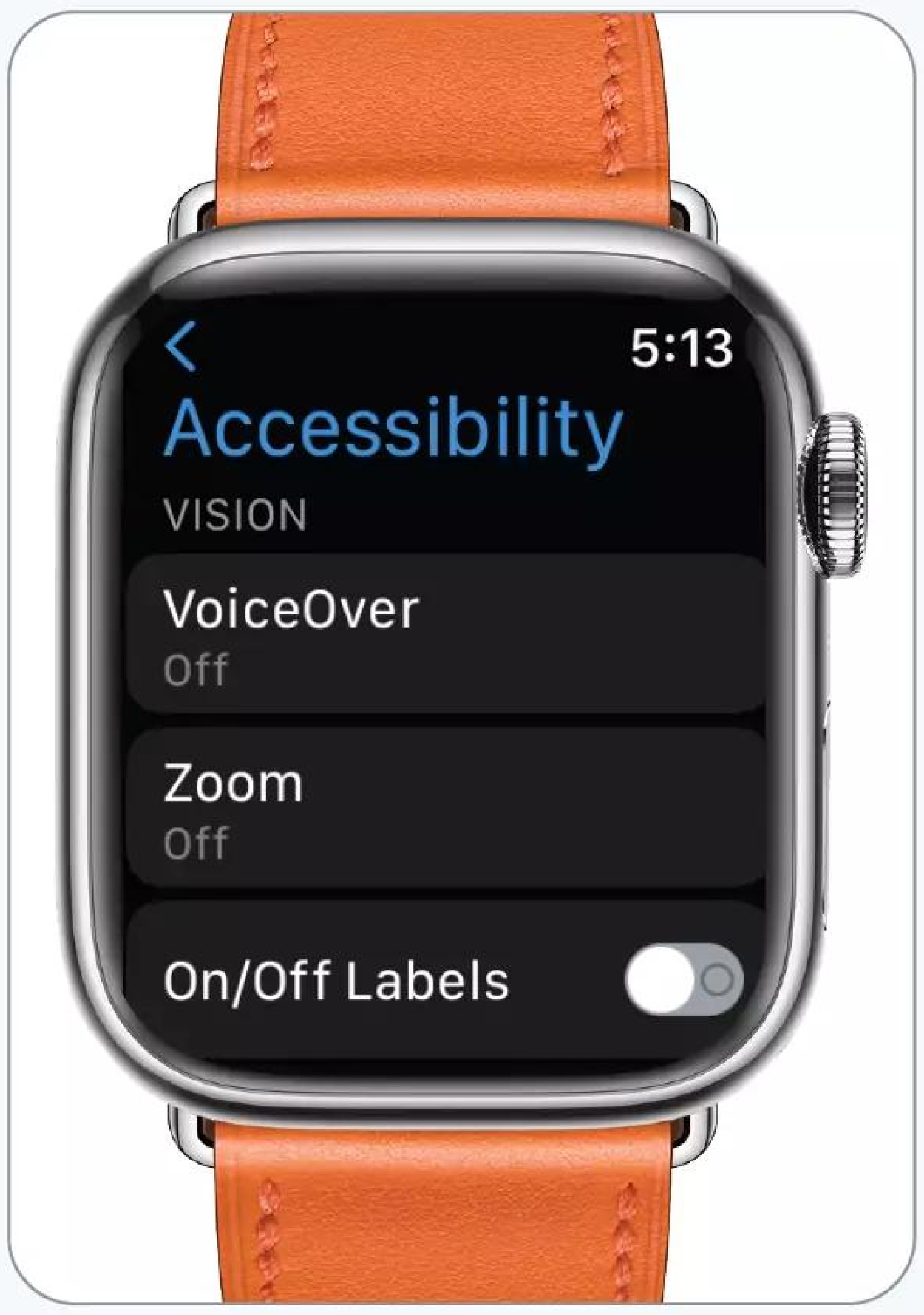
Recents ✓

Favourites

Apps you've used recently will appear in the Dock.

Another straightforward toggle, in the Settings app's Dock section you can choose what's in the Dock; which is opened when you press the Side Button. Choose to see your favourite apps, or those you've used recently. Configure your Favourites on your iPhone.

Accessibility



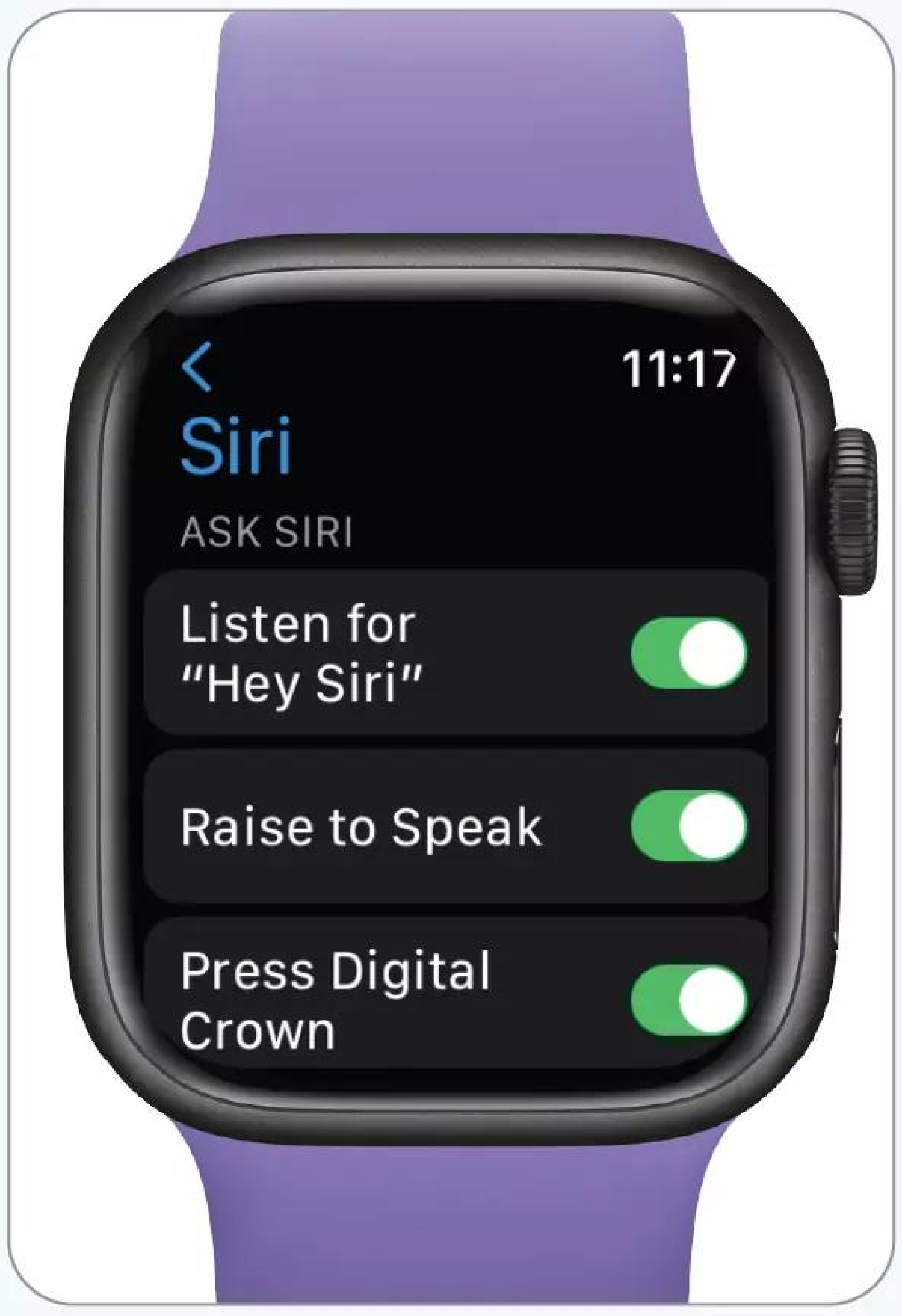
VoiceOver
Off

Zoom
Off

On/Off Labels ○

Accessibility is a range of features designed to help people with a visual, motor or hearing impairment use their Apple Watch. If you have trouble seeing what's going on, for example, you can use Voice Over, Reduce Transparency and more. Take a look and experiment.

Siri



11:17

Siri

ASK SIRI

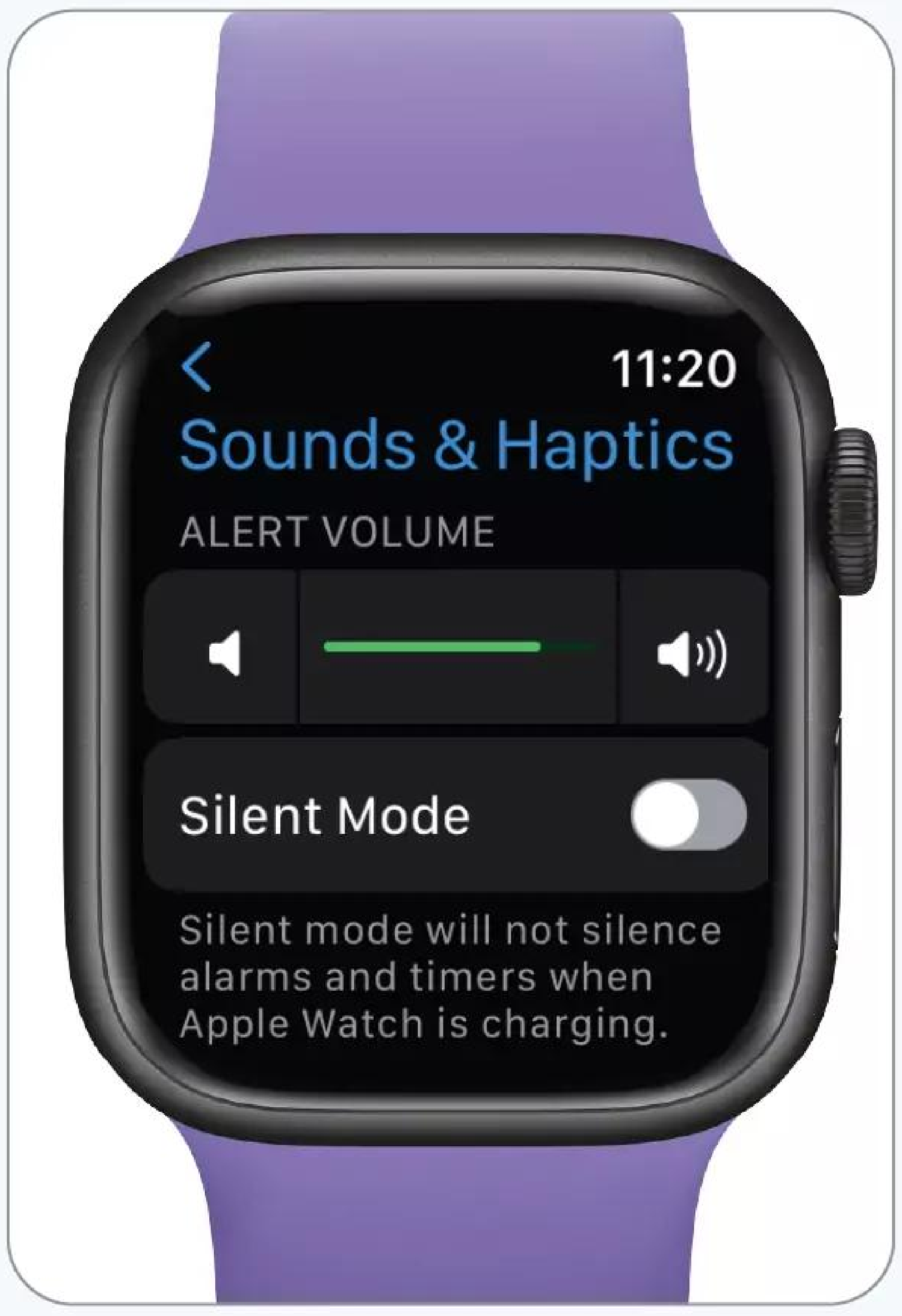
Listen for “Hey Siri” ●

Raise to Speak ●

Press Digital Crown ●

Under the Siri option, you can configure the way Apple’s personal digital assistant works on your watch. Do you want Siri to appear when you say, ‘Hey, Siri’, when you press the Digital Crown or both? What apps do you want to use with Siri? Change all this and more.

Sounds & Haptics



11:20

Sounds & Haptics

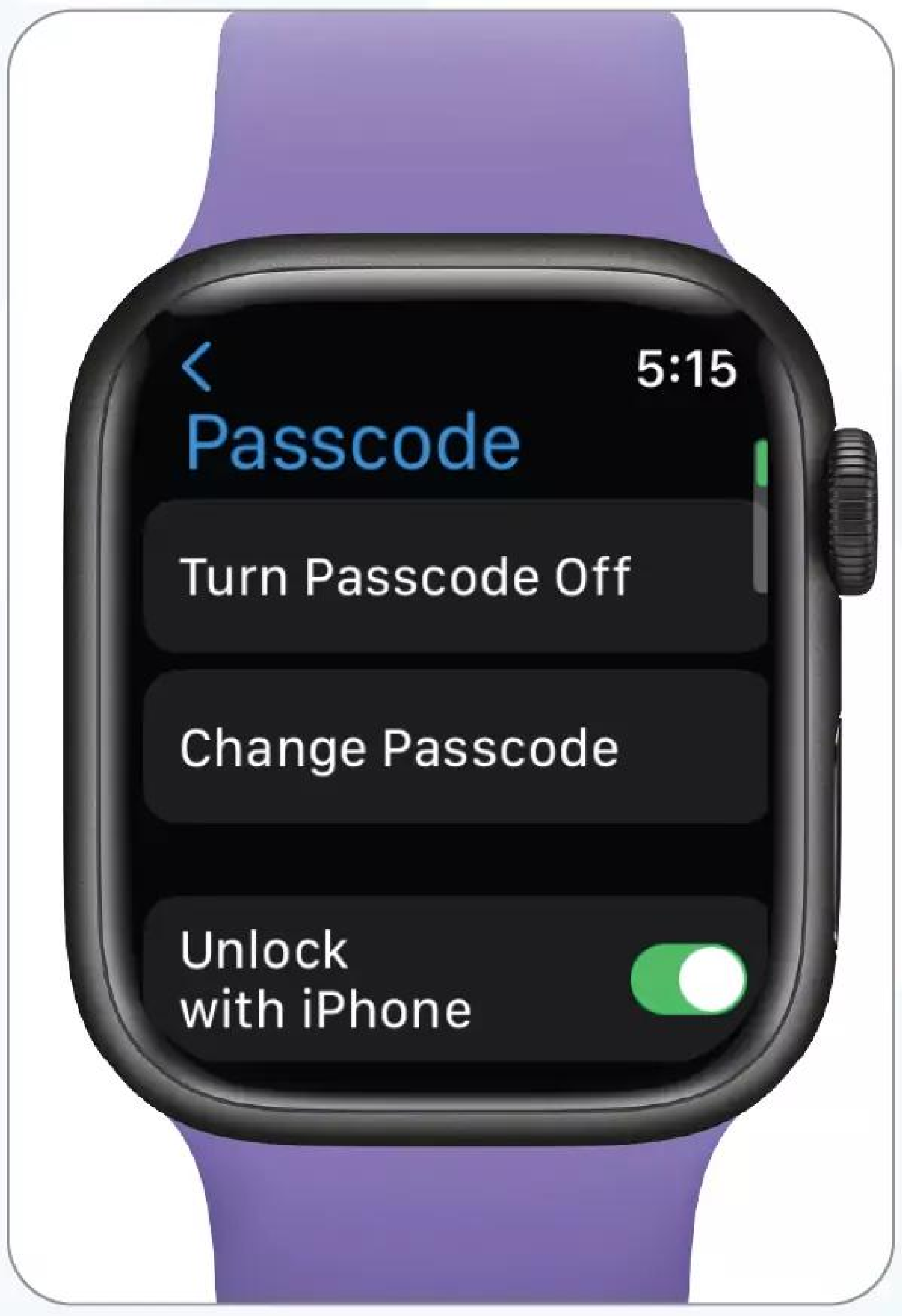
ALERT VOLUME

Silent Mode ○

Silent mode will not silence alarms and timers when Apple Watch is charging.

Change the alert volume, activate Silent Mode, change the way Crown and System Haptics are delivered and more. Under Headphone Safety, you can see how many times you’ve been warned your earbuds are too loud, and have over-loud sounds reduced automatically.

Passcode



5:15

Passcode

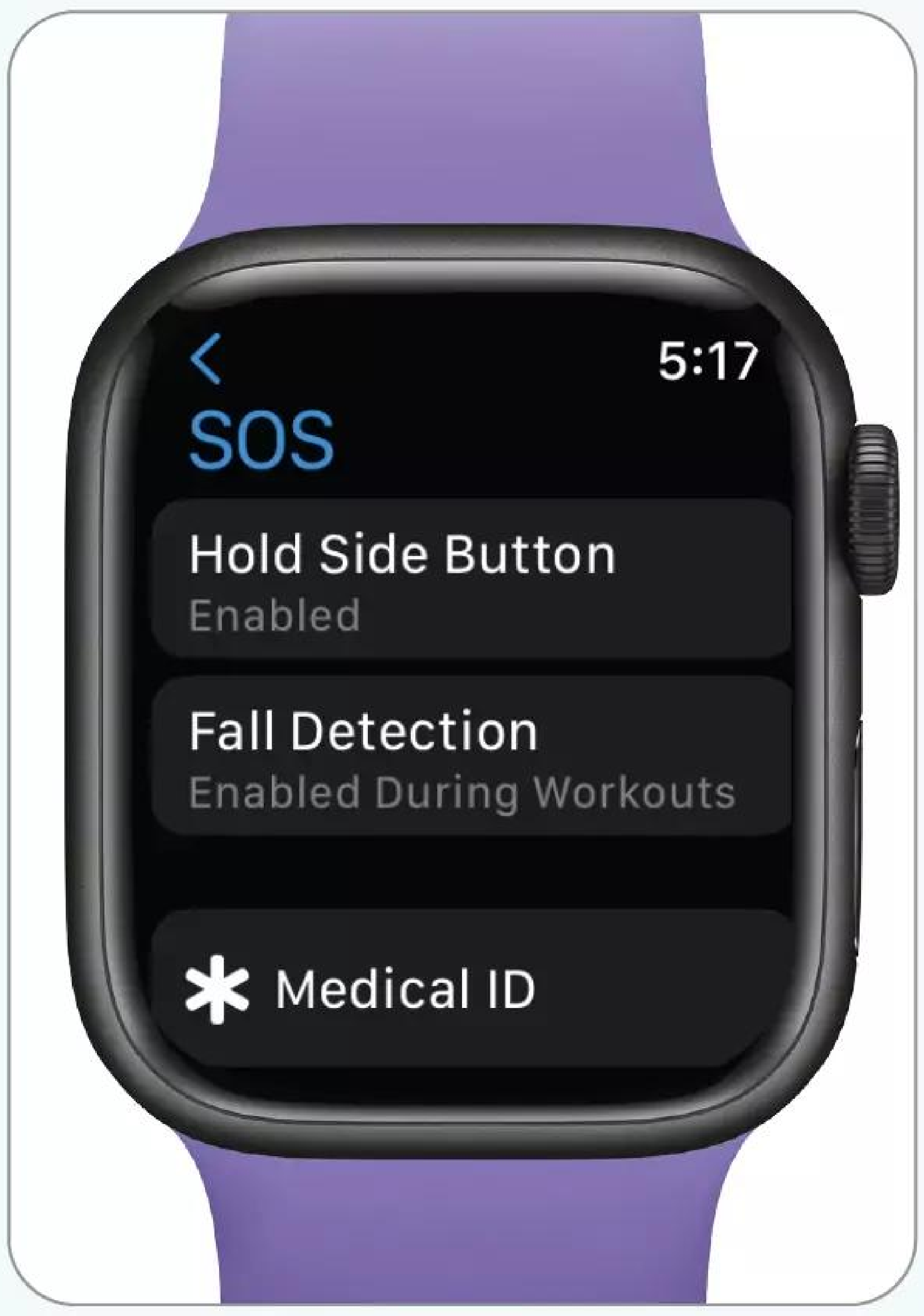
Turn Passcode Off

Change Passcode

Unlock with iPhone ●

Change your Passcode here, or even turn it off, but if you do, cards registered in Apple Pay are deleted. Turn on Wrist Detection and your watch is locked when you’re not wearing it, to keep your data safe. Erase Data clears your watch after ten incorrect password attempts.

SOS



5:17

SOS

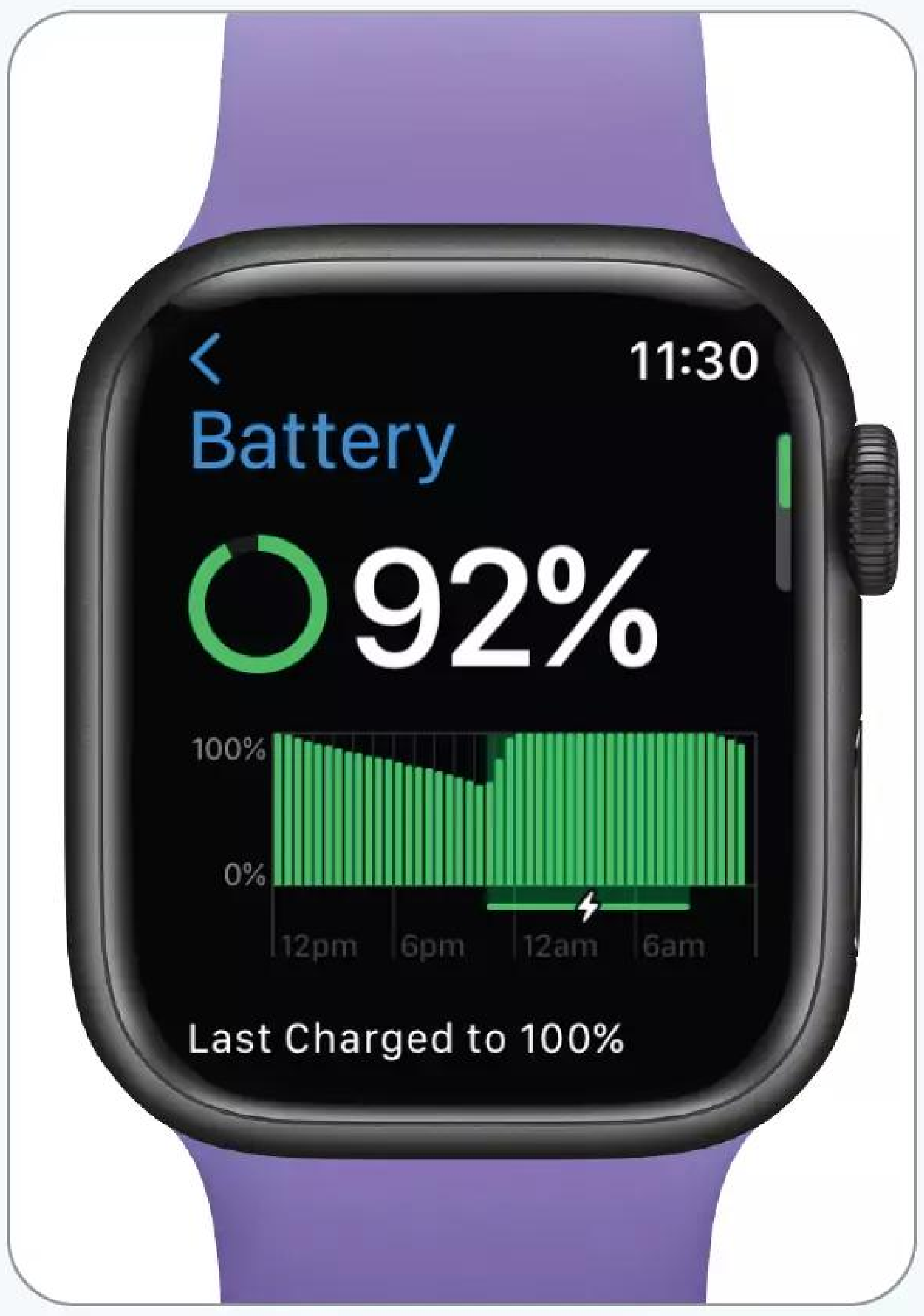
Hold Side Button
Enabled

Fall Detection
Enabled During Workouts

Medical ID

You can make an emergency call from your Apple Watch (through your iPhone on non-cellular models). Hold the Side Button for a slider that makes the call, or have it made automatically if it detects you’ve had a fall. Turn these options on or off in the SOS option.

Battery



11:30

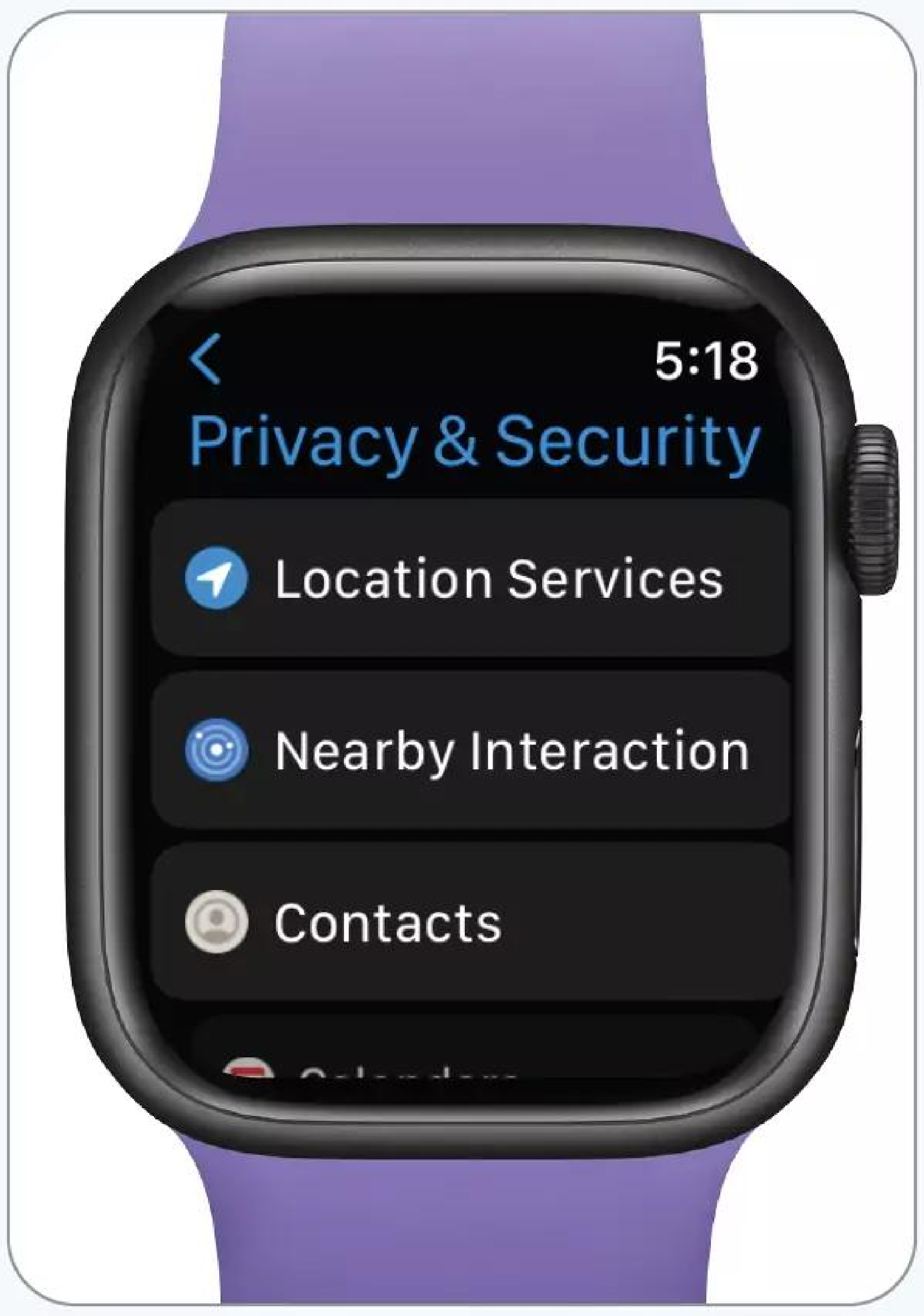
Battery

92%

Last Charged to 100%

Here you can check how much battery power you have, and how much power you had over time, via a bar graph that also shows when your watch was on its charger. If your battery is low, Power Reserve turns off most of the watch’s functions, so you can tell the time for longer.

Privacy & Security



5:18

Privacy & Security

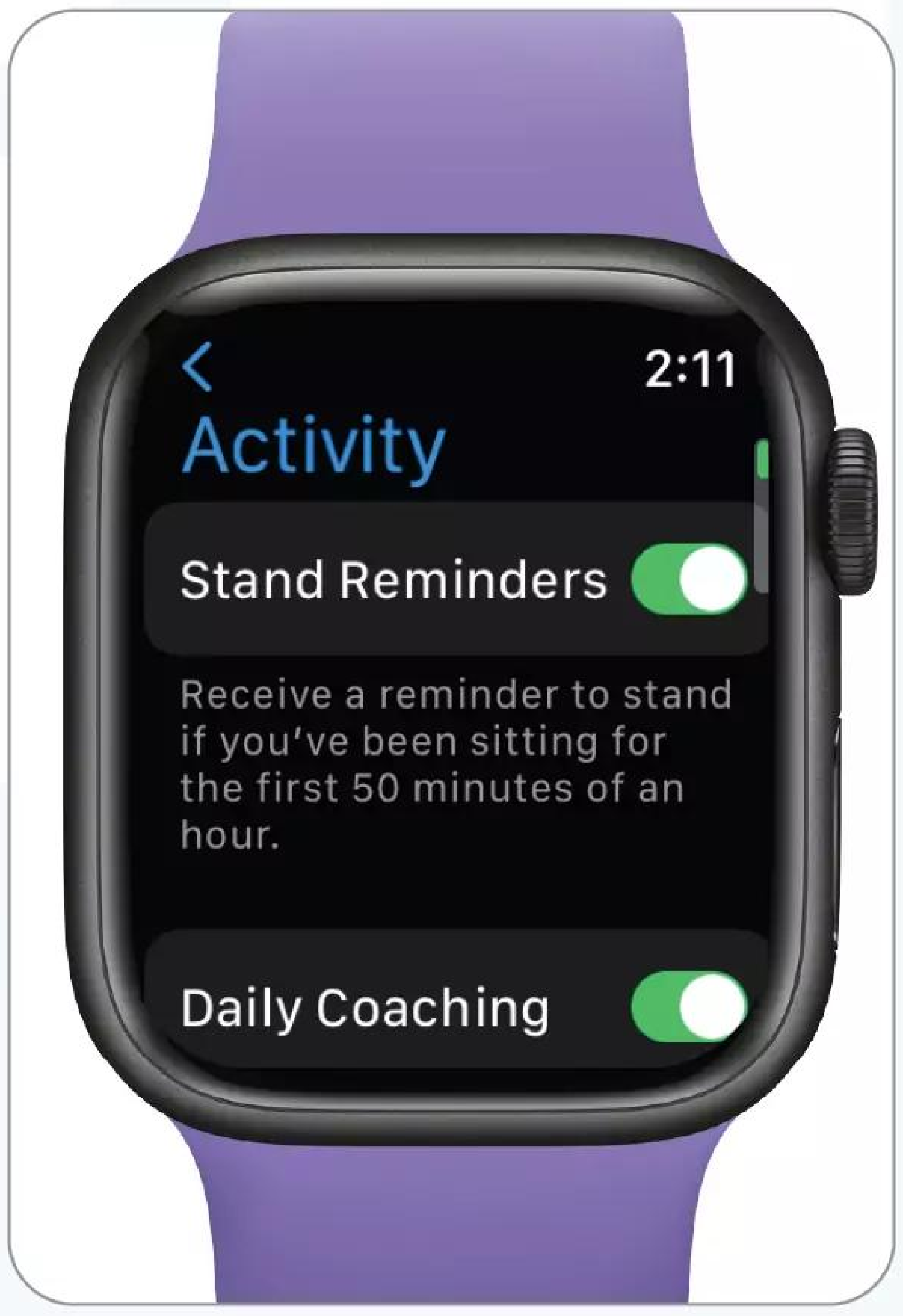
Location Services

Nearby Interaction

Contacts

Here you can make configurations to your Apple Watch with privacy in mind. Set how your Location Services work, that is, when and why your watch can tell where you are. You can also configure privacy services on a per-app basis; for apps that need access to other apps.

Activity



2:11

Activity

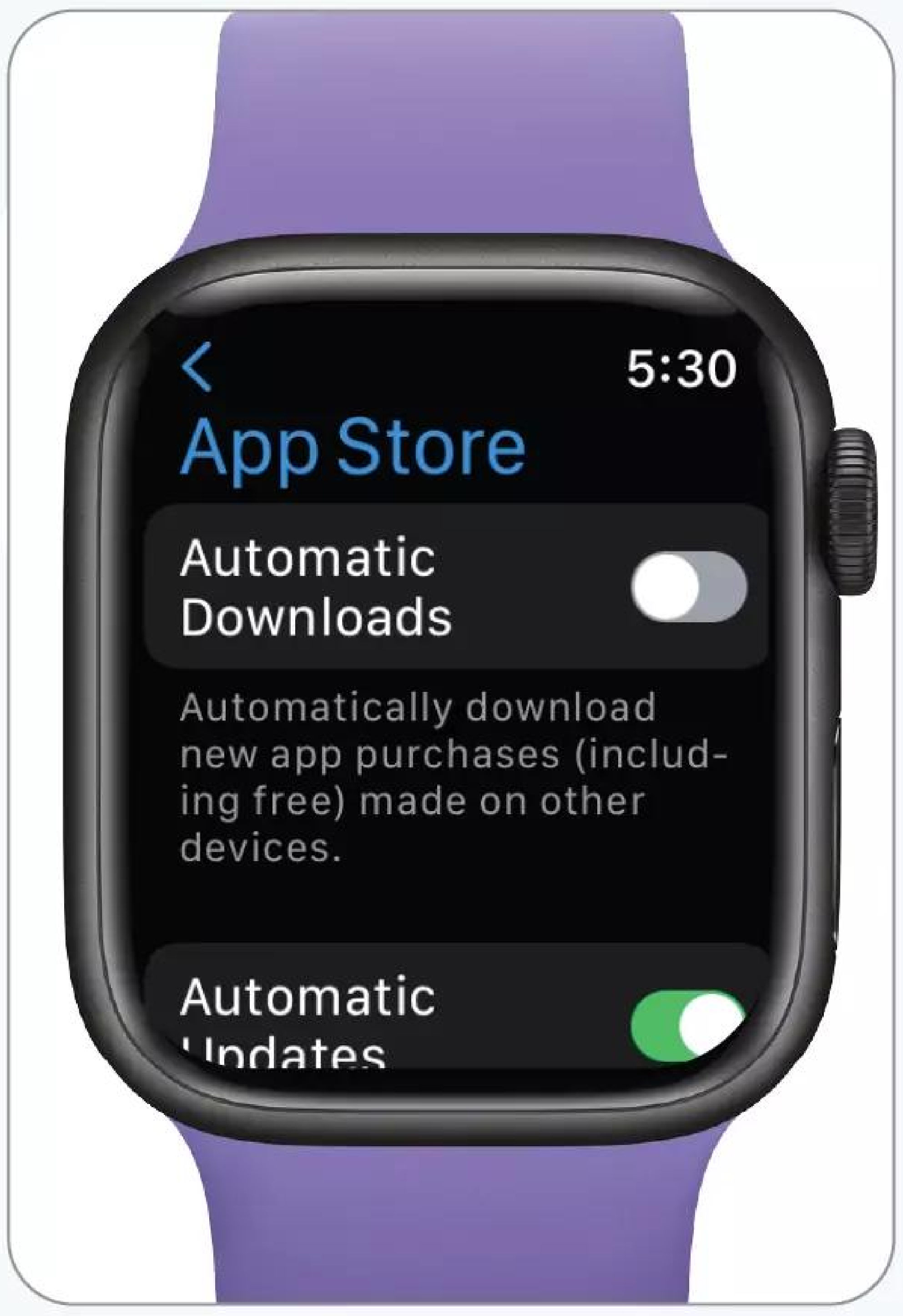
Stand Reminders ●

Receive a reminder to stand if you've been sitting for the first 50 minutes of an hour.

Daily Coaching ●

The popular Activity app can also be configured in Settings. You can turn Stand Reminders, Daily Coaching tips and Goal Completions messages on and off, get notifications about Special Challenges and also Activity Sharing Notifications when people share with you.

App Store



5:30

App Store

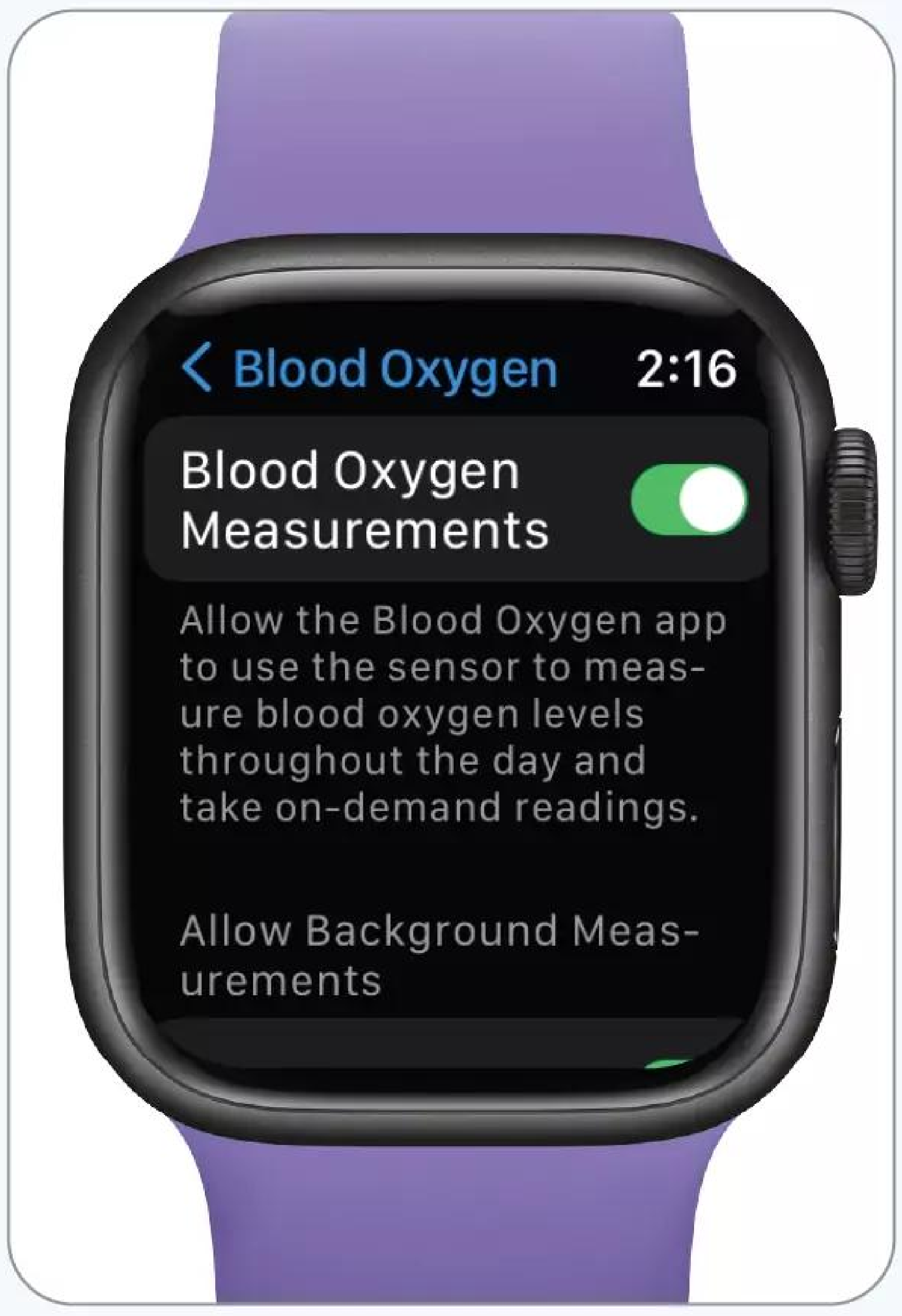
Automatic Downloads ○

Automatically download new app purchases (including free) made on other devices.

Automatic Updates ●

When you buy an app with an Apple Watch sister app on your iPhone, you can have it download automatically on to your watch if you wish. You can also have your apps update automatically, instead of doing so manually on your iPhone. Read about App Store privacy too.

Blood Oxygen



Blood Oxygen 2:16

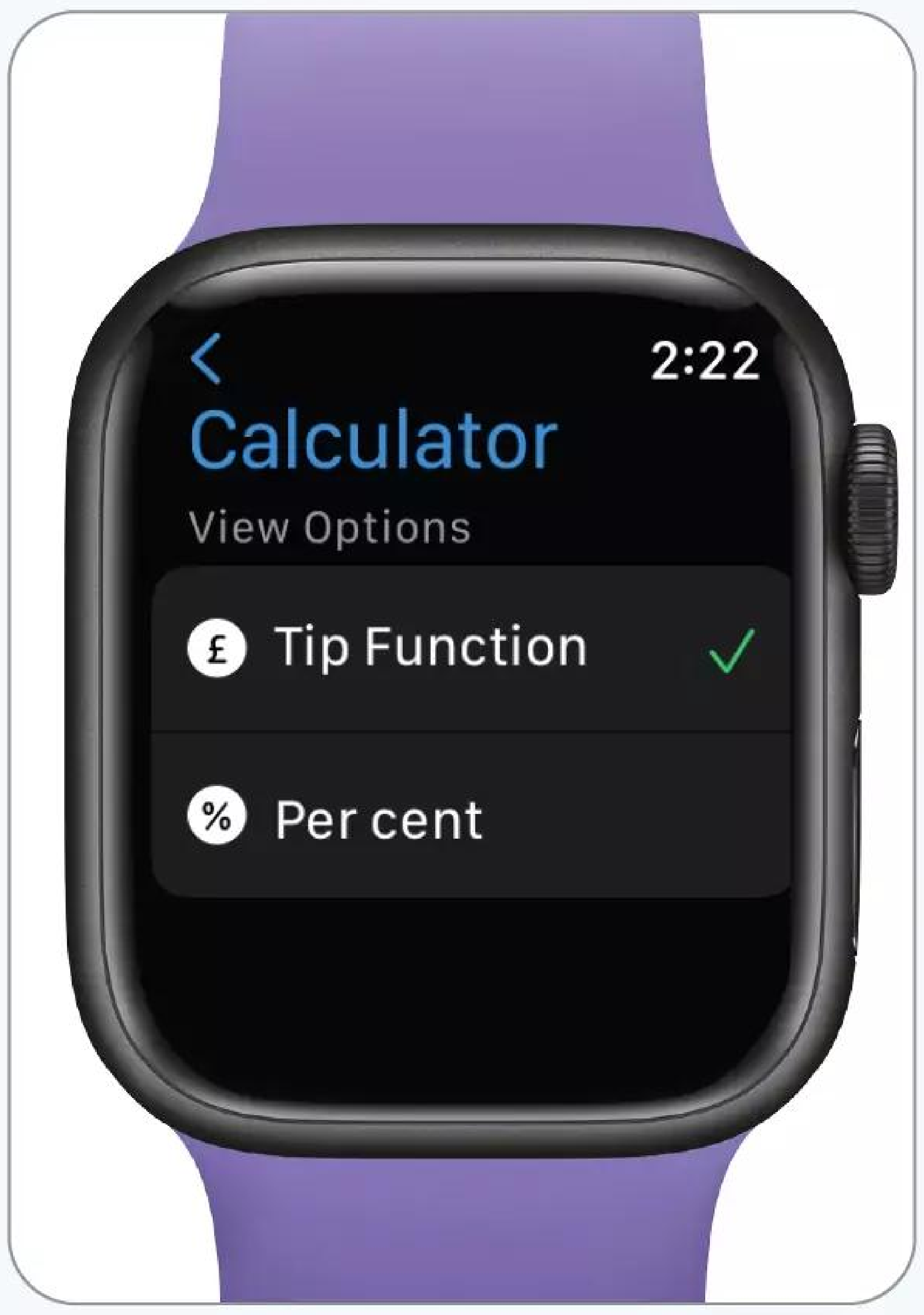
Blood Oxygen Measurements ●

Allow the Blood Oxygen app to use the sensor to measure blood oxygen levels throughout the day and take on-demand readings.

Allow Background Measurements

Your Apple Watch can measure your blood oxygen level, as part of your health and fitness programme. In Settings > Blood Oxygen, you can turn off Blood Oxygen Measurements, and set up whether you want them recorded when your watch is in Sleep or Cinema mode.

Calculator



2:22

Calculator

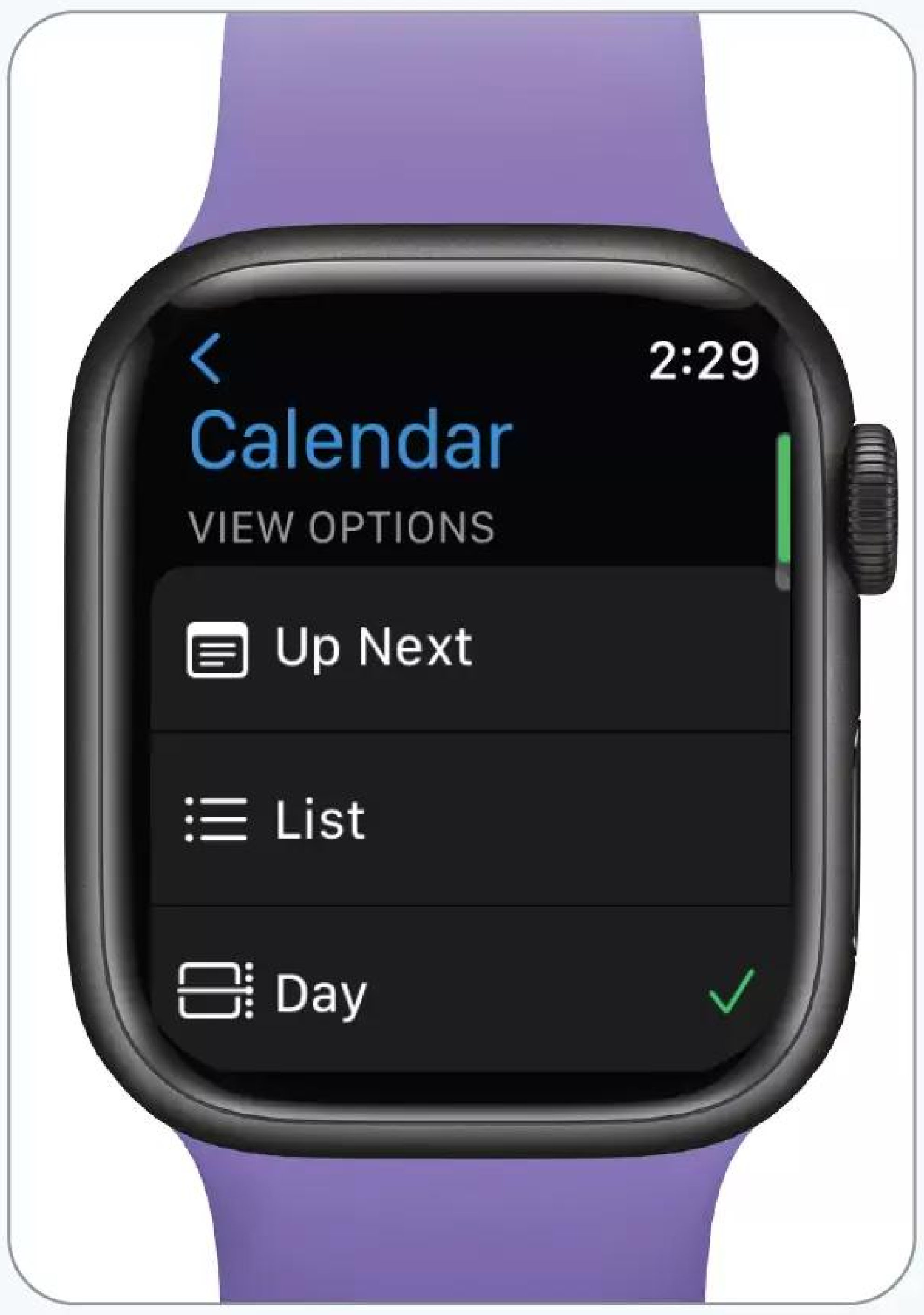
View Options

Tip Function ✓

Per cent

When you're wearing an Apple Watch, you've always got a handy calculator within easy reach. Your Calculator app can calculate tips, and also percentages, using a button on the top row of the calculator. Switch between these functions in Settings > Calculator.

Calendar



2:29

Calendar

VIEW OPTIONS

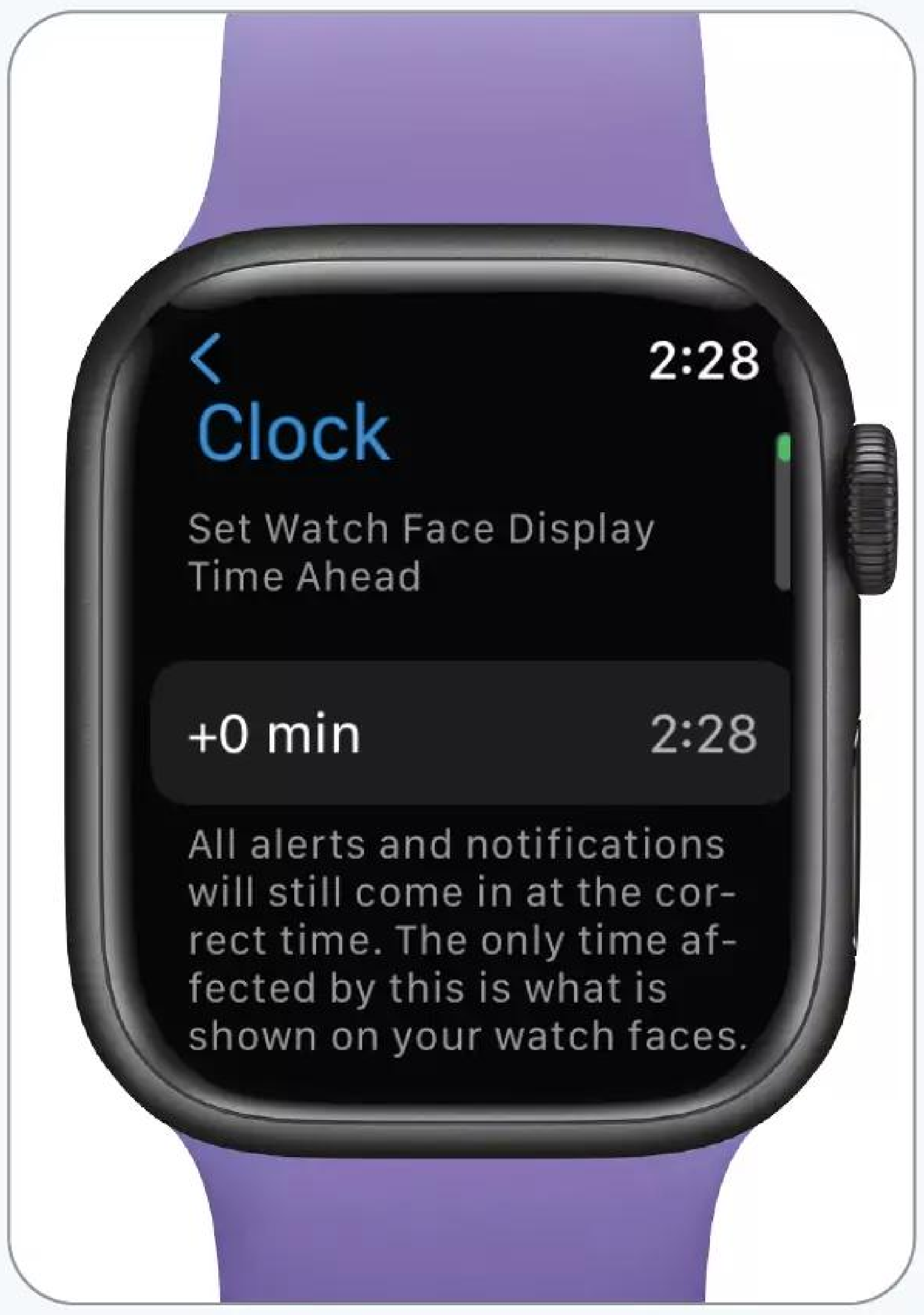
Up Next

List

Day ✓

You can also change how the Calendar app displays itself using its entry in the Settings app. Choose between Up Next, where you can scroll through upcoming events; List, where events are listed by title, and opened with a tap; and Day, where you see today's Calendar.

Clock



2:28

Clock

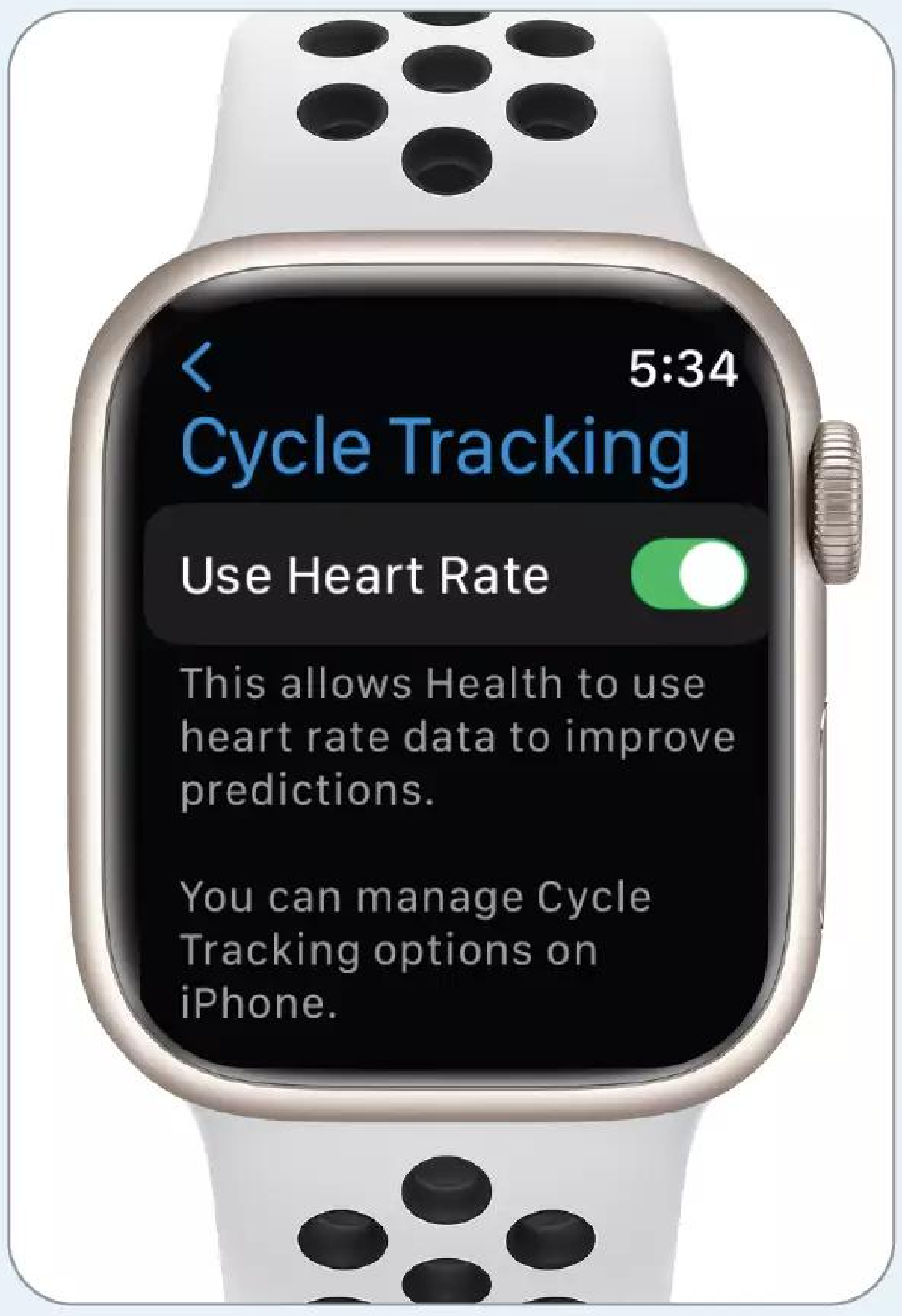
Set Watch Face Display Time Ahead

+0 min 2:28

All alerts and notifications will still come in at the correct time. The only time affected by this is what is shown on your watch faces.

Your Apple Watch sets its time automatically, through the Internet. But some people like to set their watch a few minutes ahead or behind the actual time. You can do either here, as well as have a chime played on the hour, set up a monogram for faces that use them and more.

Cycle Tracking

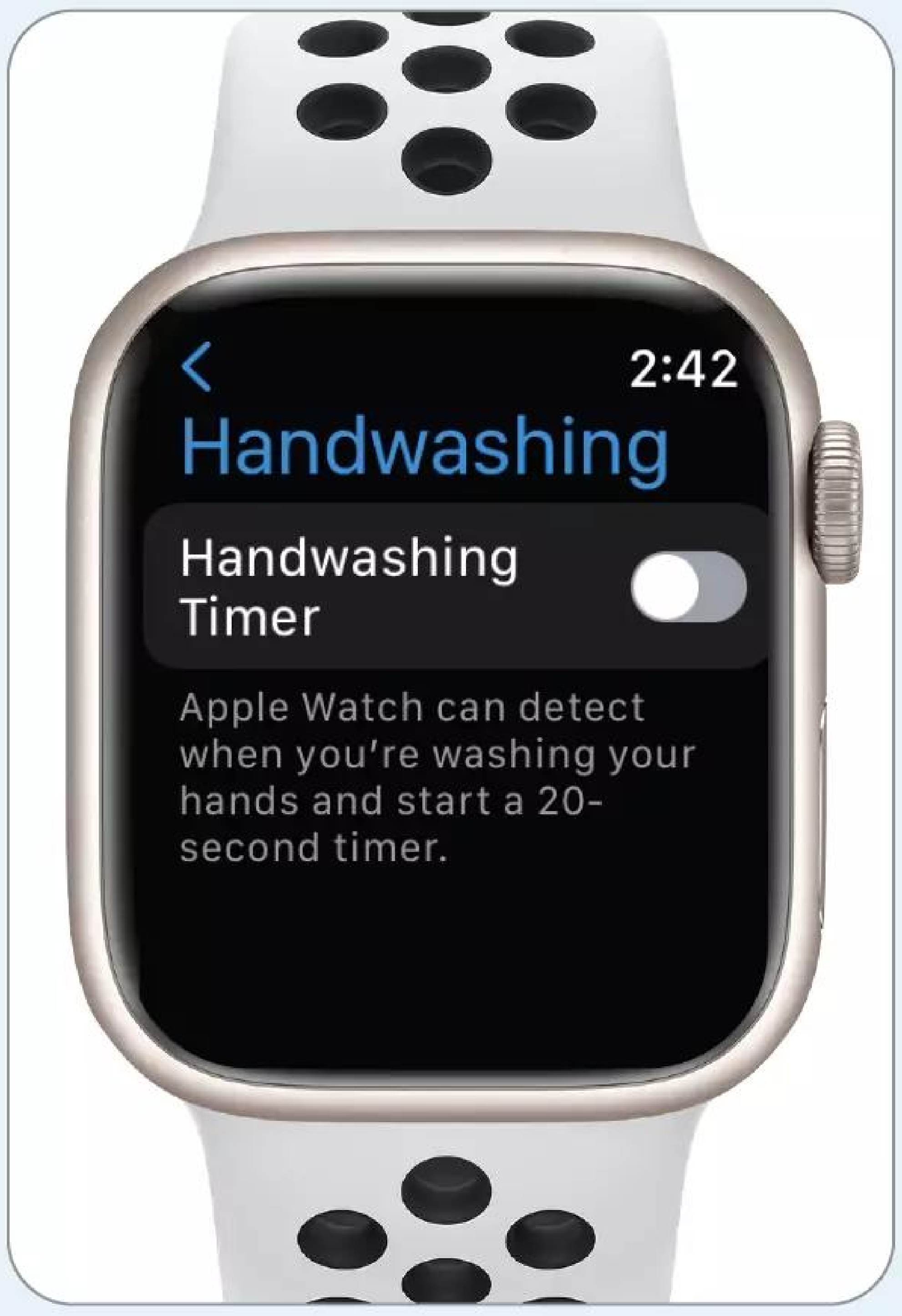


5:34
Cycle Tracking
Use Heart Rate ●
This allows Health to use heart rate data to improve predictions.

You can manage Cycle Tracking options on iPhone.

Cycle Tracking is a recent addition that focuses on women's health. Most of the controls for this feature are found in the iPhone's Health app, but here you can allow Cycle Tracking to use your heart rate to improve predictions regarding your menstrual cycle.

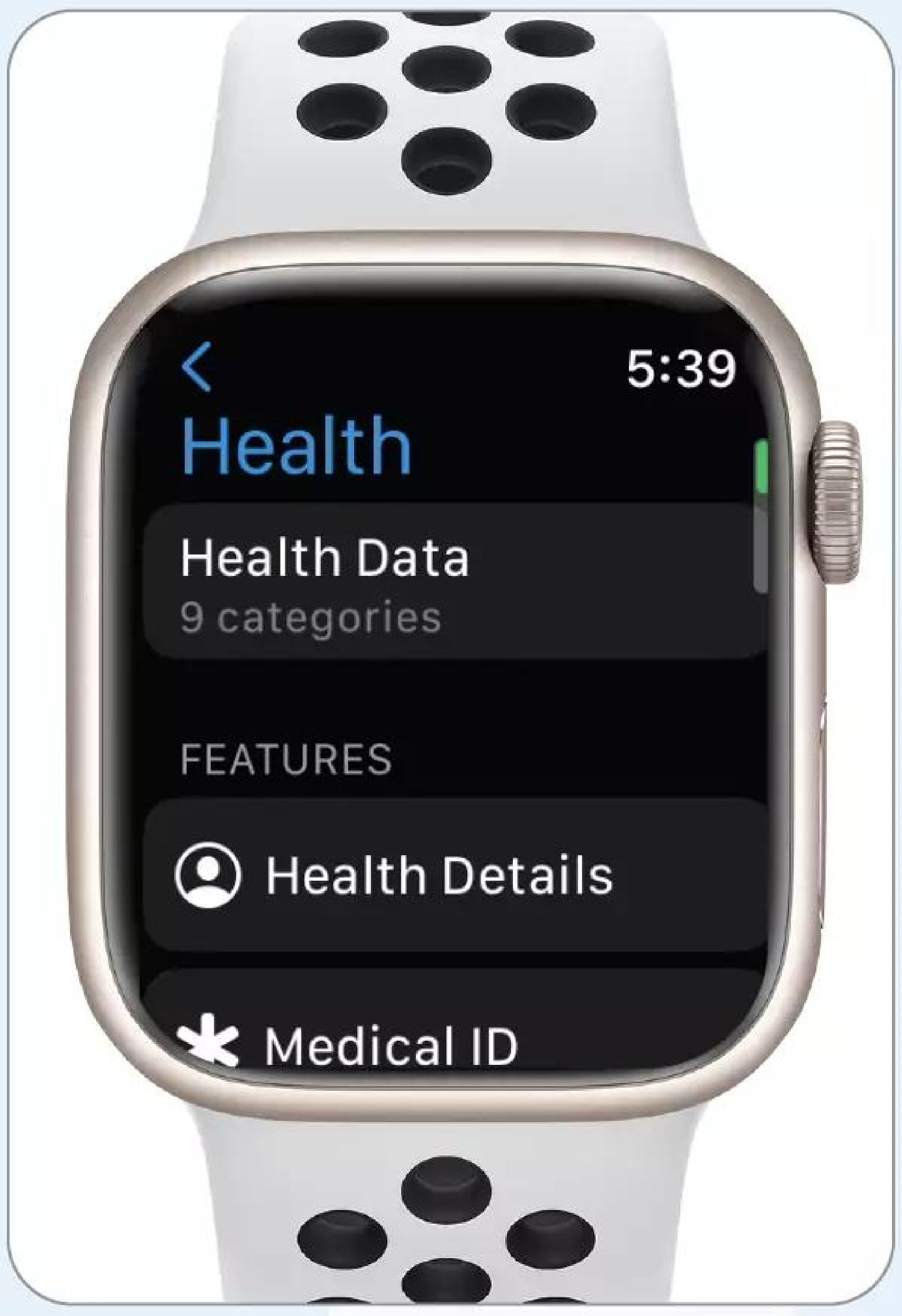
Handwashing



2:42
Handwashing
Handwashing Timer ○
Apple Watch can detect when you're washing your hands and start a 20-second timer.

Do you wash your hands for long enough to kill the coronavirus? Apple Watch can detect when you're hand washing, and start a timer to make sure you wash for at least 20 seconds. It's off by default, but you can turn it on here, in Settings > Handwashing.

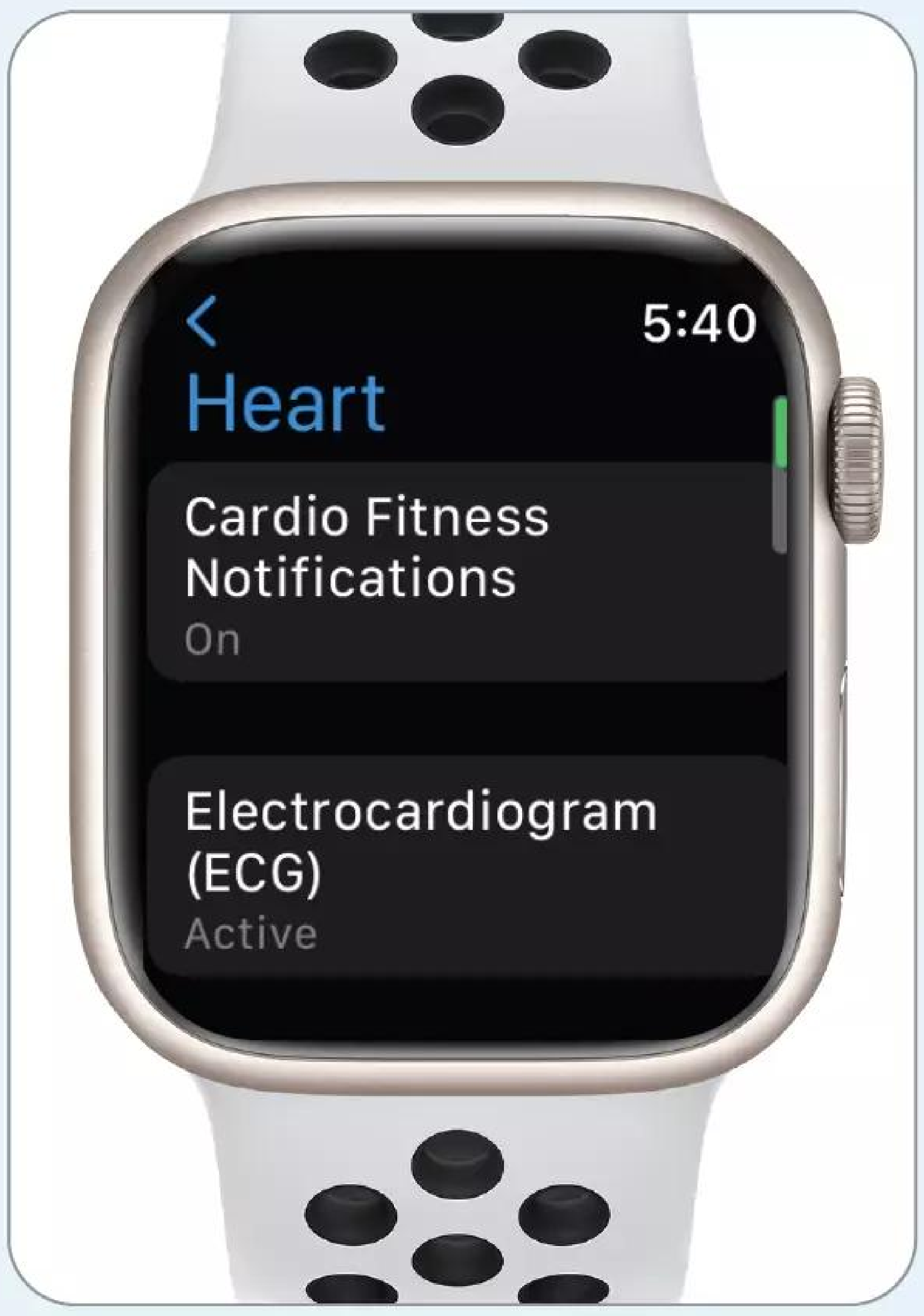
Health



5:39
Health
Health Data
9 categories
FEATURES
Health Details
Medical ID

Do you want your Health app to have access to information gleaned from other apps and also connected health devices? You can configure this here, and also review your Health Data and Medical ID, and see which devices have added data to your Health app.

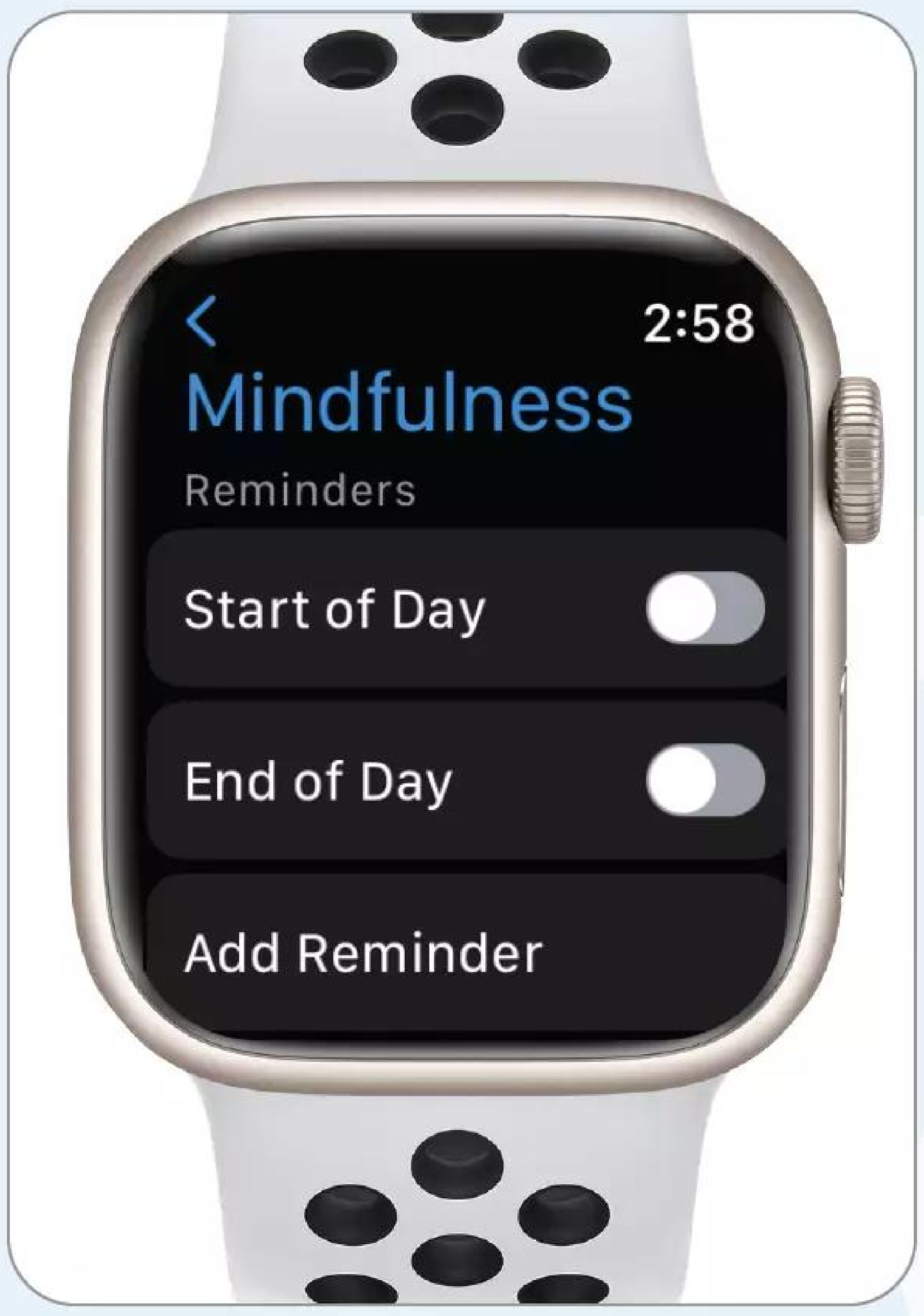
Heart



5:40
Heart
Cardio Fitness Notifications
On
Electrocardiogram (ECG)
Active

Your Apple Watch can measure your heart rate, and give you warnings if, while you're inactive, it exceeds a certain rate (120 bpm by default), or drops dangerously low (40 bpm by default). Here you can turn these warnings off, or change their thresholds.

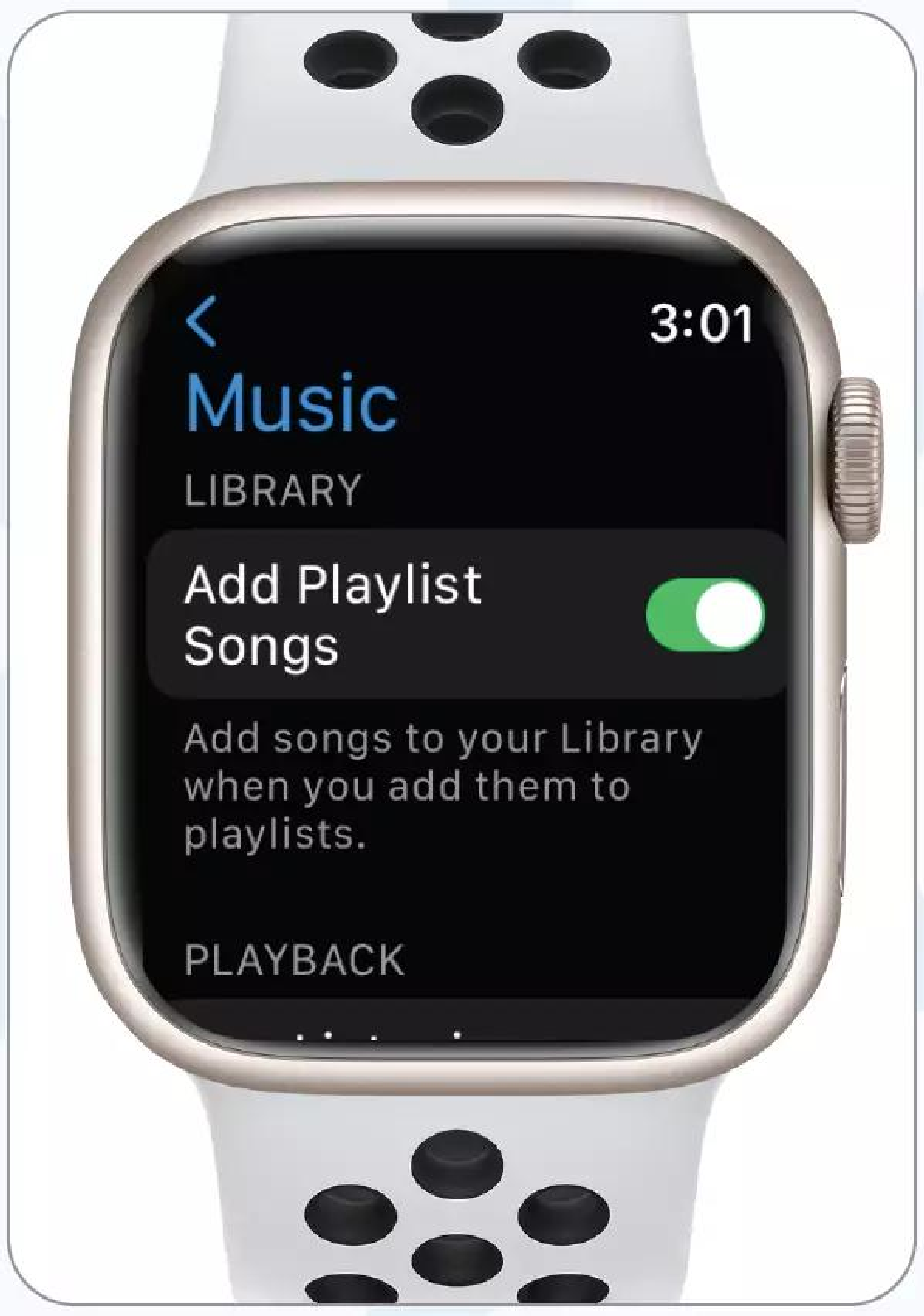
Mindfulness



2:58
Mindfulness
Reminders
Start of Day ○
End of Day ○
Add Reminder

The Apple Watch's Mindfulness app encourages you to 'focus, centre, and connect as you breathe'. In its Settings section, you can set reminders, add a weekly summary, add new meditations to your watch and more. It's mostly off by default.

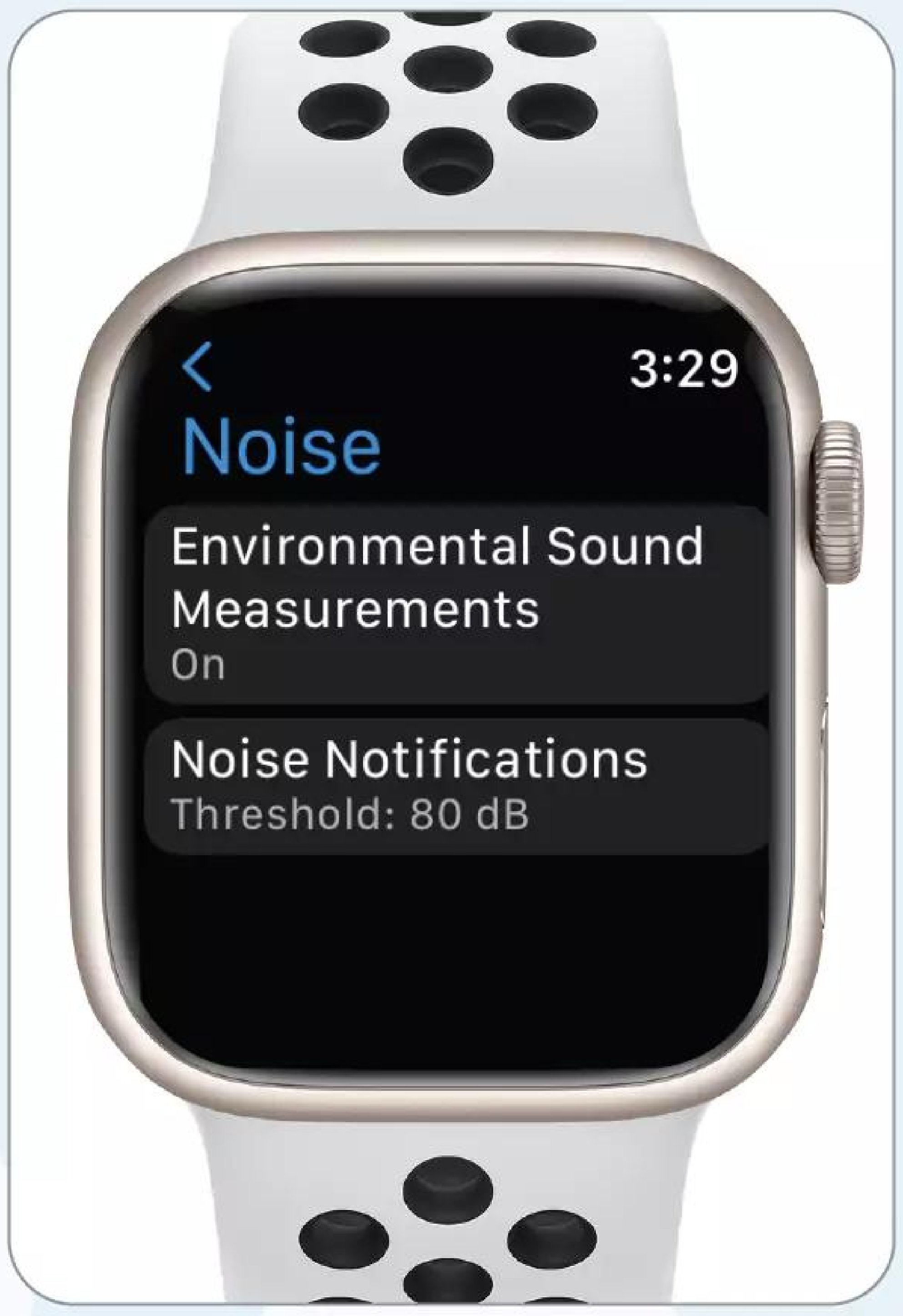
Music



3:01
Music
LIBRARY
Add Playlist Songs ●
Add songs to your Library when you add them to playlists.
PLAYBACK

There are several ways to configure the way the Music app works. Add Playlist Songs adds tunes you've included in playlists to your Apple Watch. Recent Music does the same for things you've played recently. You can also choose whether to share your Listening History.

Noise



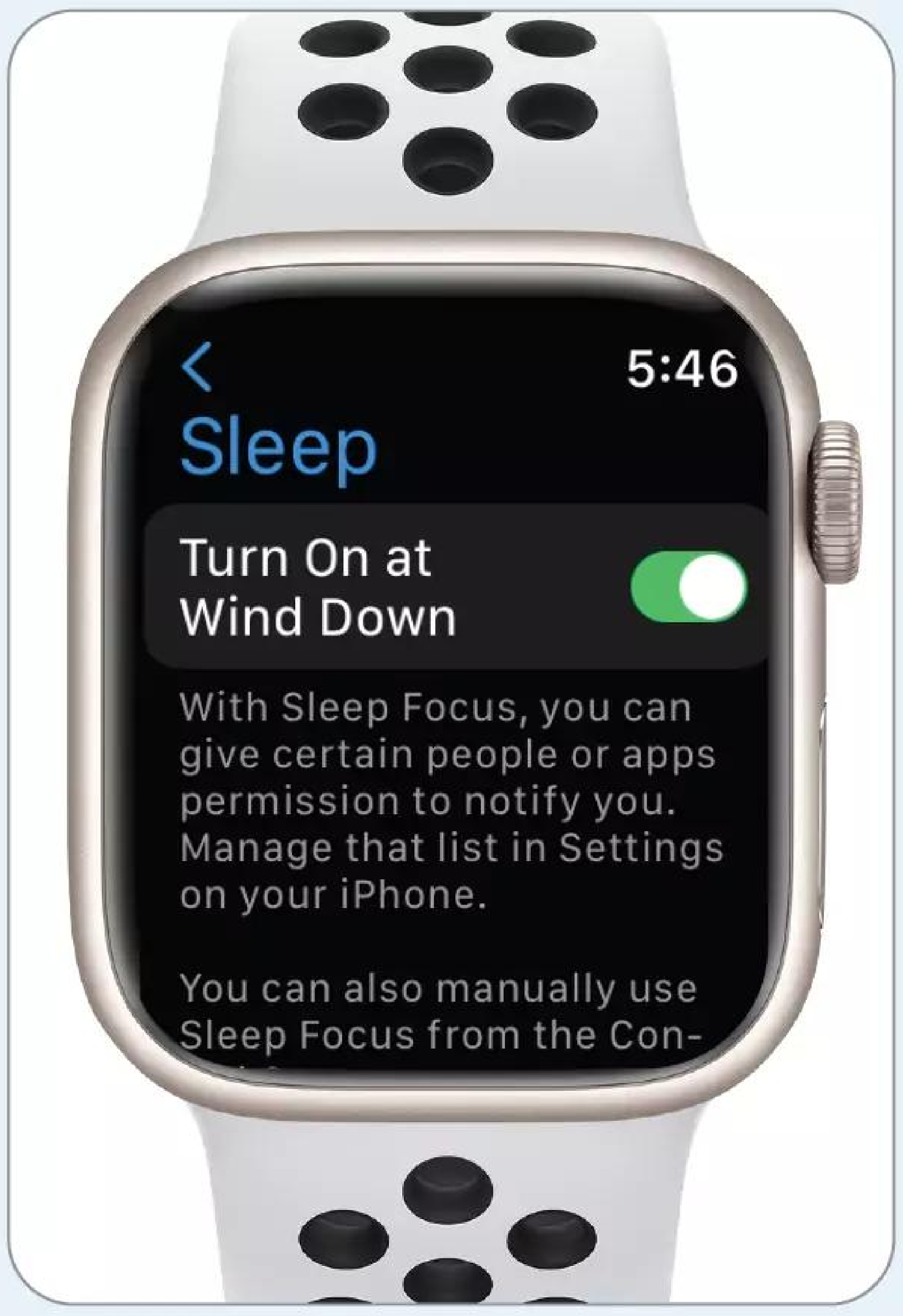
Noise

Environmental Sound Measurements
On

Noise Notifications
Threshold: 80 dB

If you regularly find yourself in a noisy environment and worry about your hearing, the Noise settings can be set up to measure environmental noise, and give you a warning if it reaches a certain threshold (you choose), so you know when to plug in your earplugs.

Sleep



Sleep

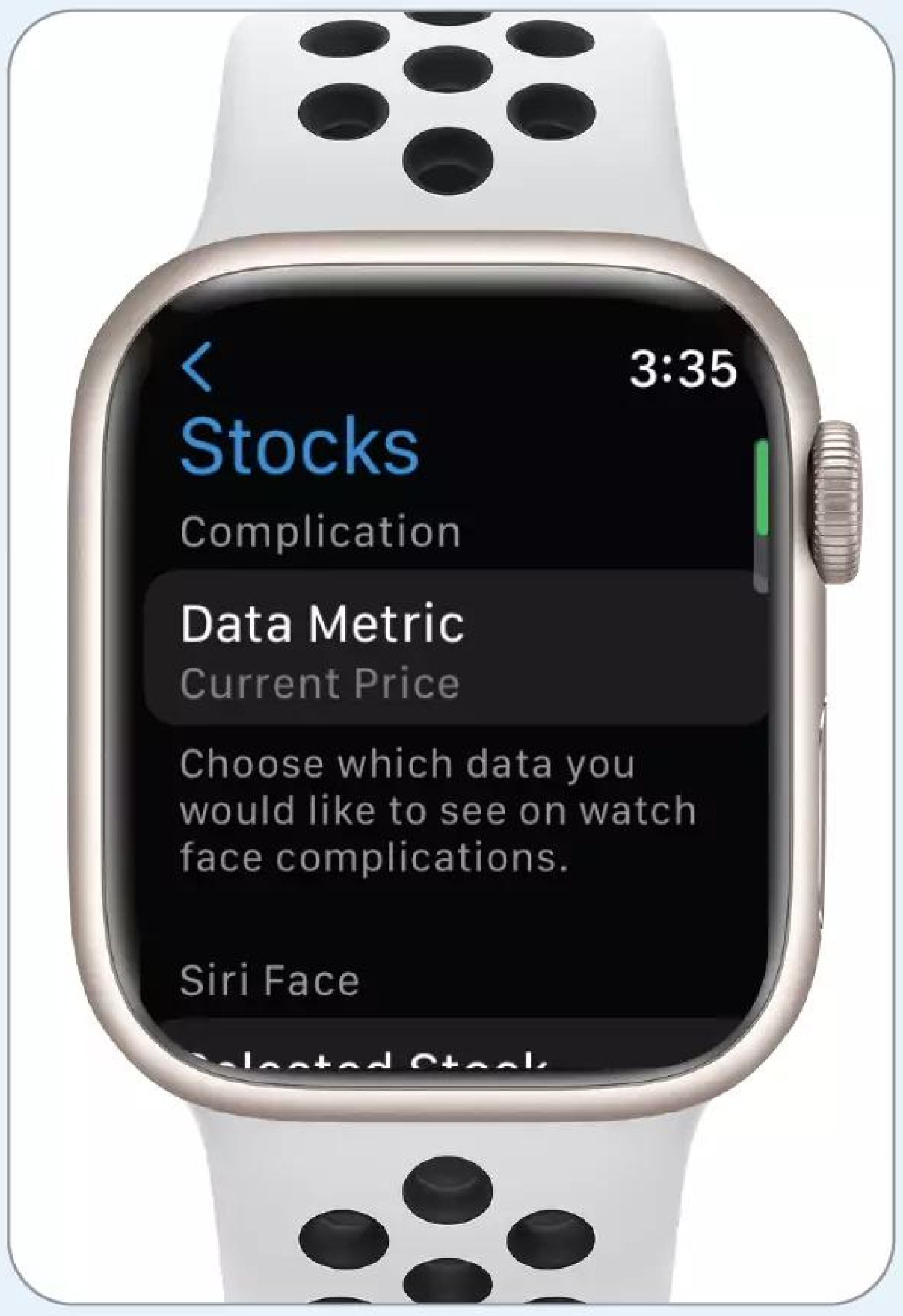
Turn On at Wind Down ●

With Sleep Focus, you can give certain people or apps permission to notify you. Manage that list in Settings on your iPhone.

You can also manually use Sleep Focus from the Con-

When you've set up your Sleep app, you can create bedtime schedules, set sleep goals and more. If you wear your Apple Watch in bed, you can have it track your sleep to find out how much quality sleep time you get and more. Its settings are available then.

Stocks



Stocks

Complication

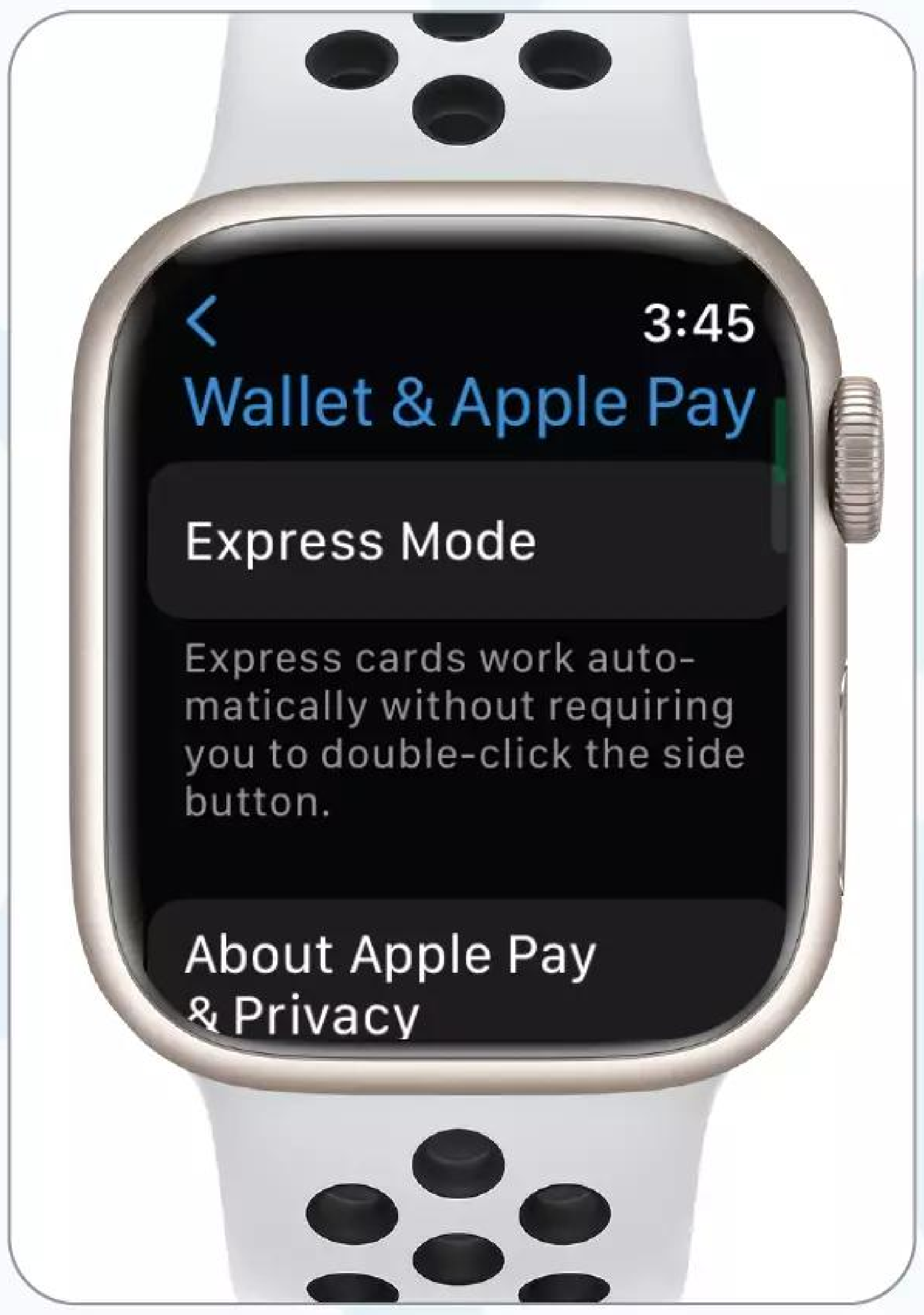
Data Metric
Current Price

Choose which data you would like to see on watch face complications.

Siri Face

If you have a Stocks complication on the watch face, what do you want displayed on it? In the Stocks settings, you can choose between Current Price, Points Change, Percentage Change and Market Cap. You can also choose what stock you want displayed.

Wallet & Apple Pay



Wallet & Apple Pay

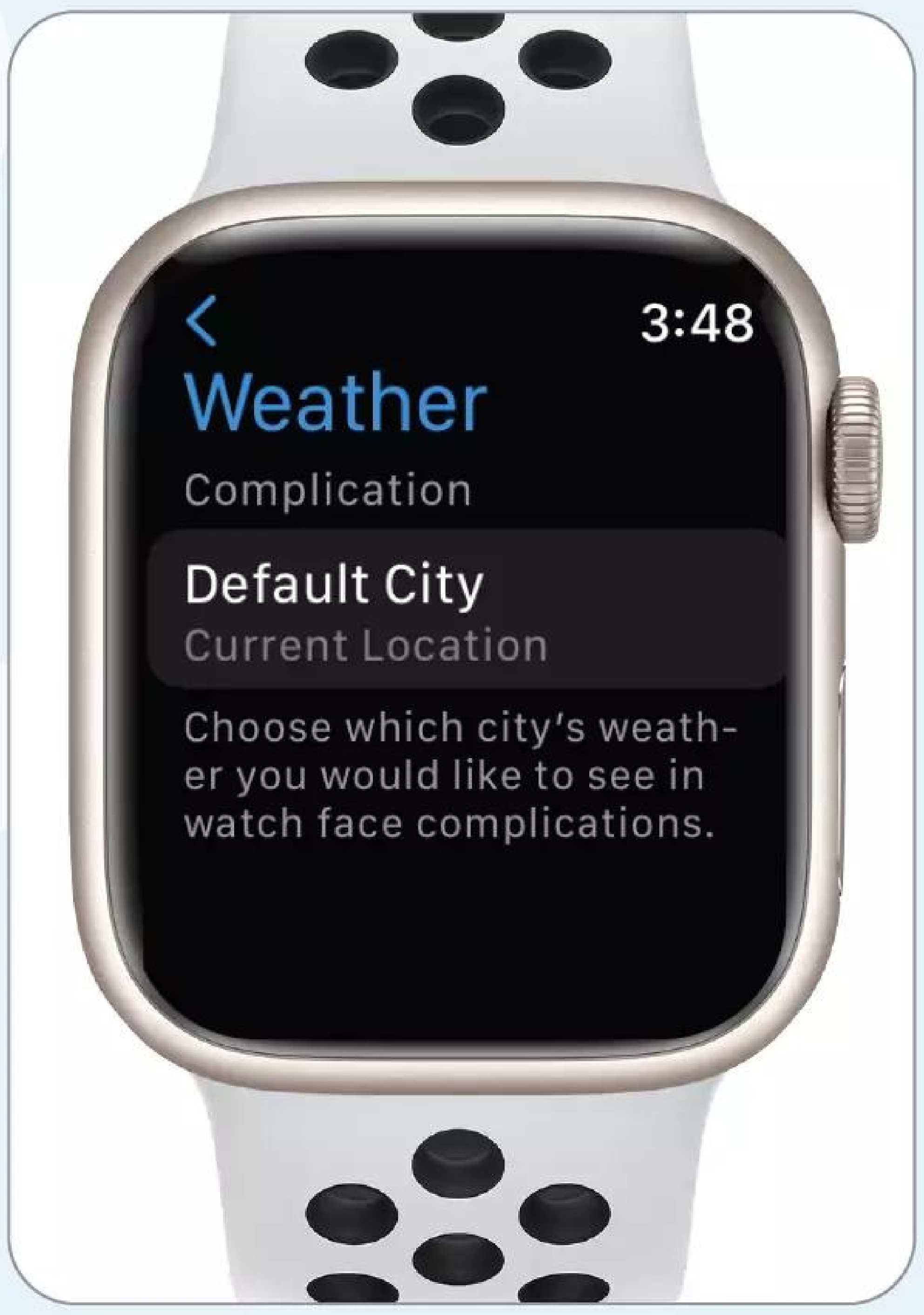
Express Mode

Express cards work automatically without requiring you to double-click the side button.

About Apple Pay & Privacy

If you've set up Apple Pay in your Wallet app, by adding credit and/or debit cards, configure the app here. Set up one of the cards in Express Mode and you can pay with that card without double-clicking the side button. You can set expired tickets and passes to be hidden too.

Weather



Weather

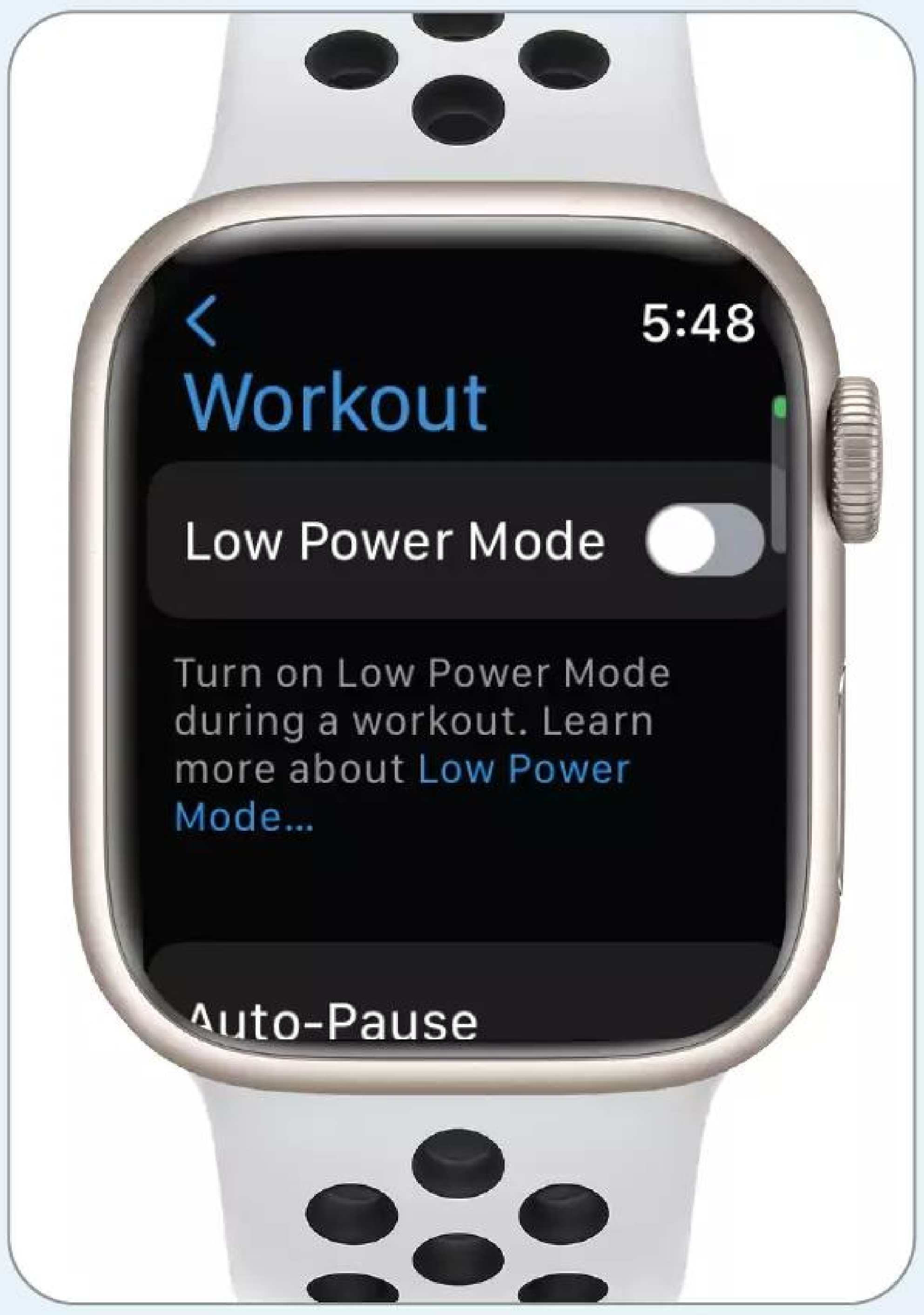
Complication

Default City
Current Location

Choose which city's weather you would like to see in watch face complications.

The Weather setting is another one used for Complications on the watch face. Which location do you want to display the weather in the Complication? By default it's your current whereabouts, but you can set it to a town or city you've added in your Weather app.

Workout



Workout

Low Power Mode ○

Turn on Low Power Mode during a workout. Learn more about Low Power Mode...

Auto-Pause

You can configure a lot of settings in the Workout section. Turn on Power Saving Mode during workouts, auto-pause workouts when you have a short rest, Start and End Workout reminders and more. It can even detect when you're using gym equipment.

Your Pre-Installed Watch Apps

The Apple Watch comes bundled with a great range of software applications, or apps for short. Most of them are Watch modules for their iPhone counterparts, such as Messages, Mail, Photos, News, Weather, Stocks, Maps and more. There are also some excellent apps for the Watch alone, such as Walkie-Talkie, the Sleep app, Remote, Sleep tracking and a host of features for sports and fitness, and also health and wellbeing. In this section, we take a look at Apple Watch's key apps and what they can do for you.

iPhone
12:23
You Oughta Know
Alanis Morissette–J

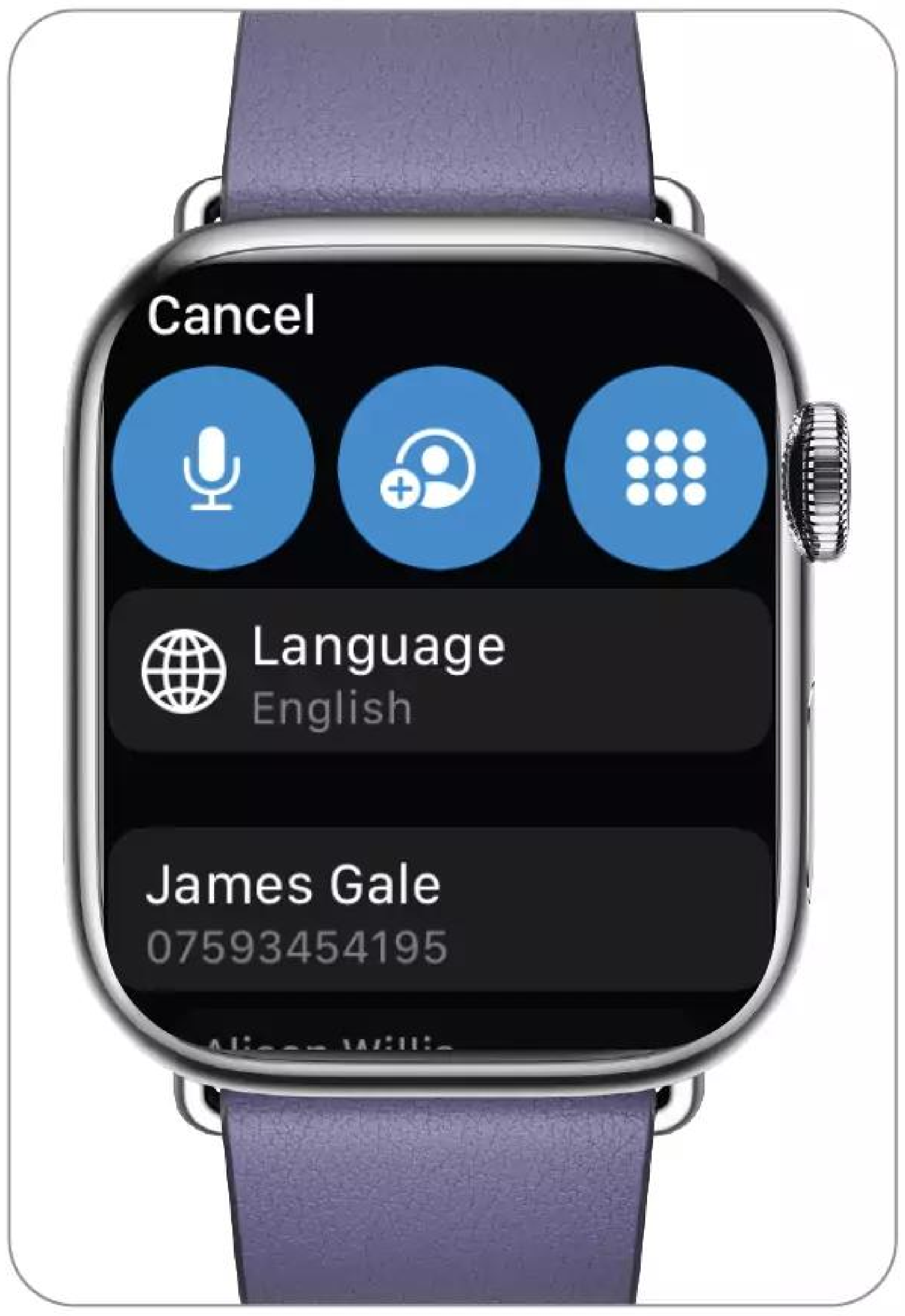
Messages on Your Watch

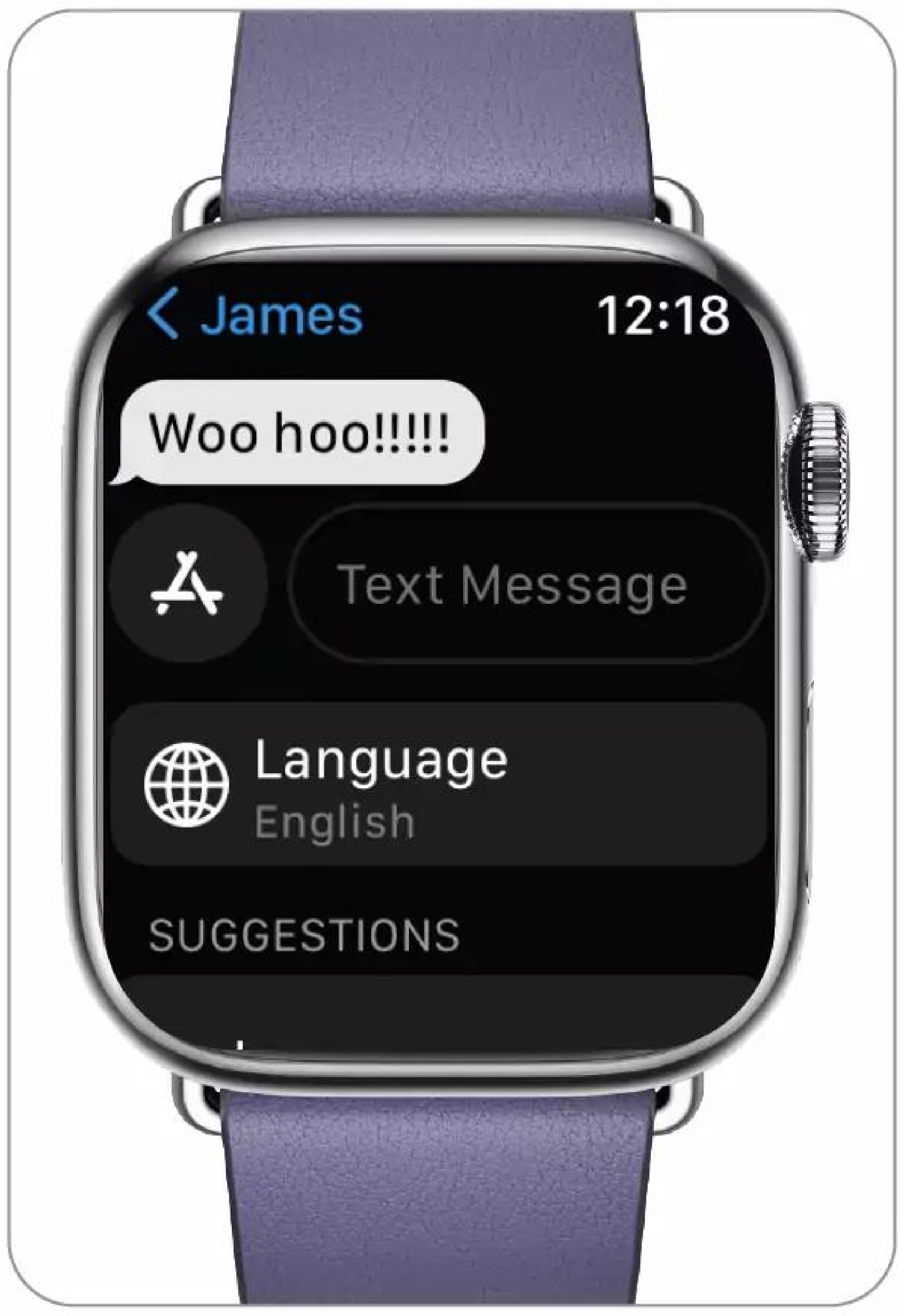
Cancel
Language
English
James Gale
07593454195
Alison Willis
WATCH

The Messages app is probably one of the most used features on your iPhone. You can send and receive messages through your iPhone with your Apple Watch by using Dictation, sending it as an audio message or using one of the standard replies on offer. You can even throw in an emoji. Here's how to read and reply to Messages on your watch.

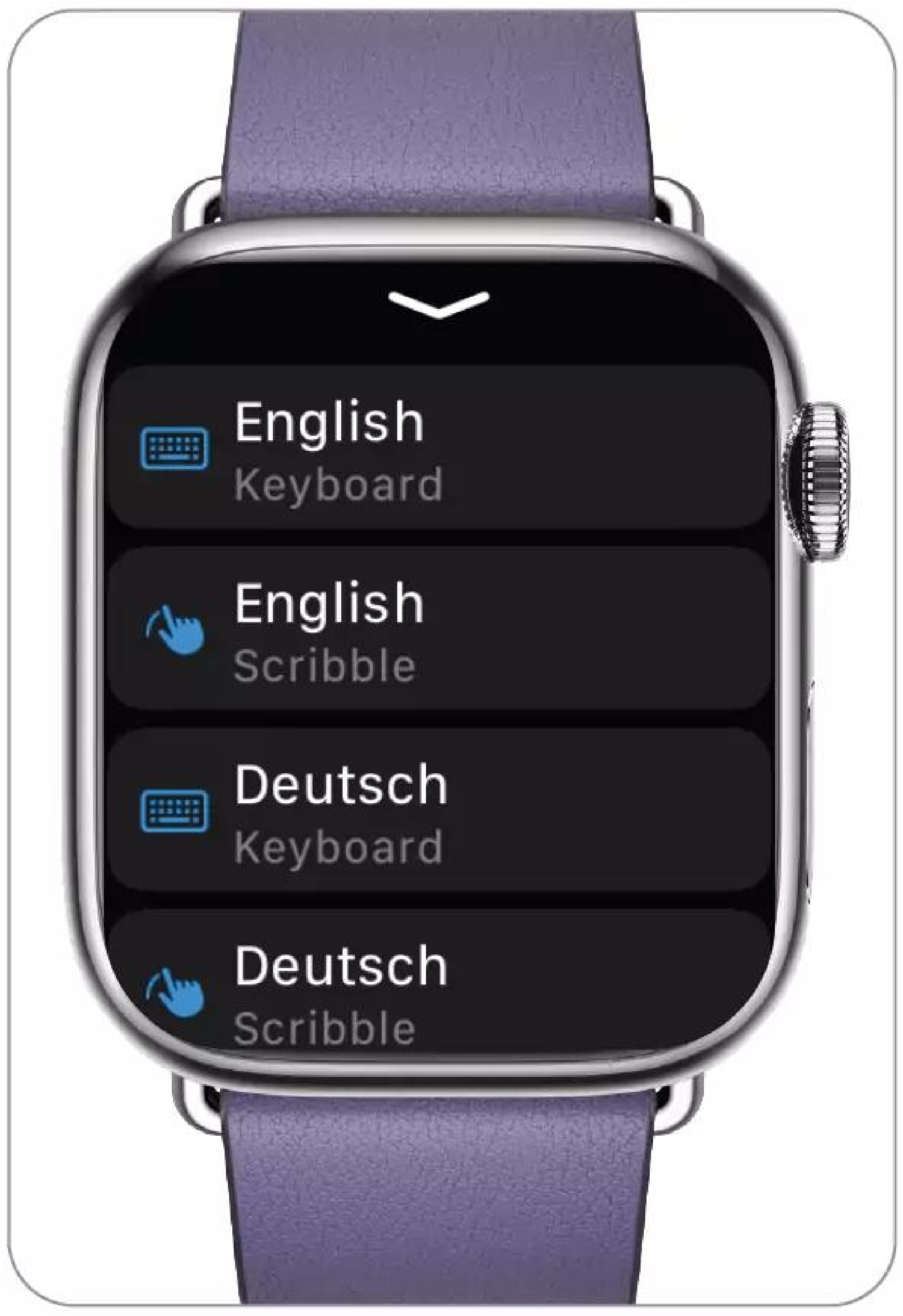
Using the Messages App

The Apple Watch Messages app isn't as comprehensive as the iPhone version but you can still get a fair bit done with it. Here's a guide to sending and receiving messages and more; all from on your Apple Watch.


Cancel
Language
English
James Gale
07593454195
Alison Willis


James
12:18
Text Message
Language
English
SUGGESTIONS

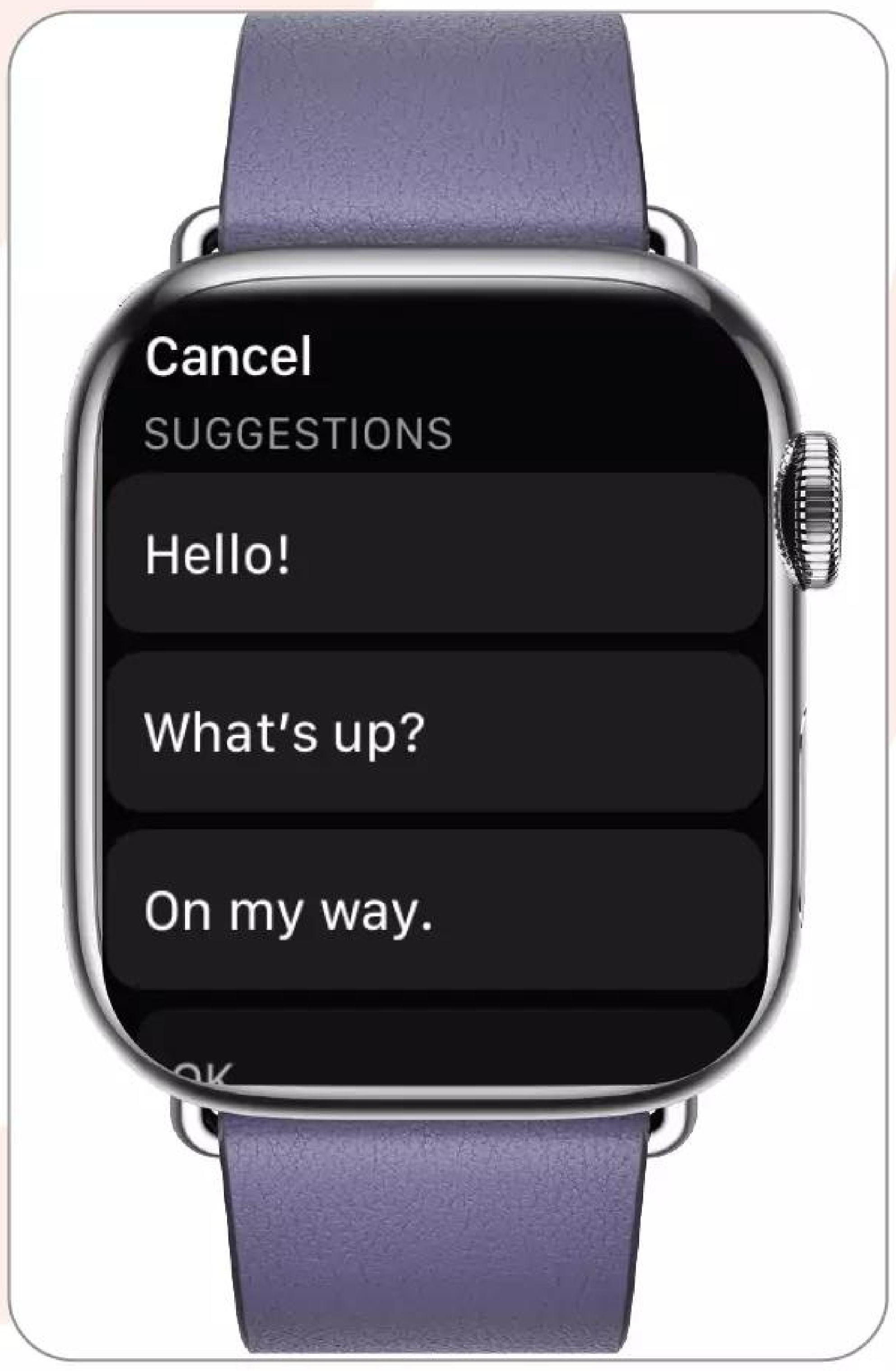
Woo hoo!!!!!


English
Keyboard
English
Scribble
Deutsch
Keyboard
Deutsch
Scribble

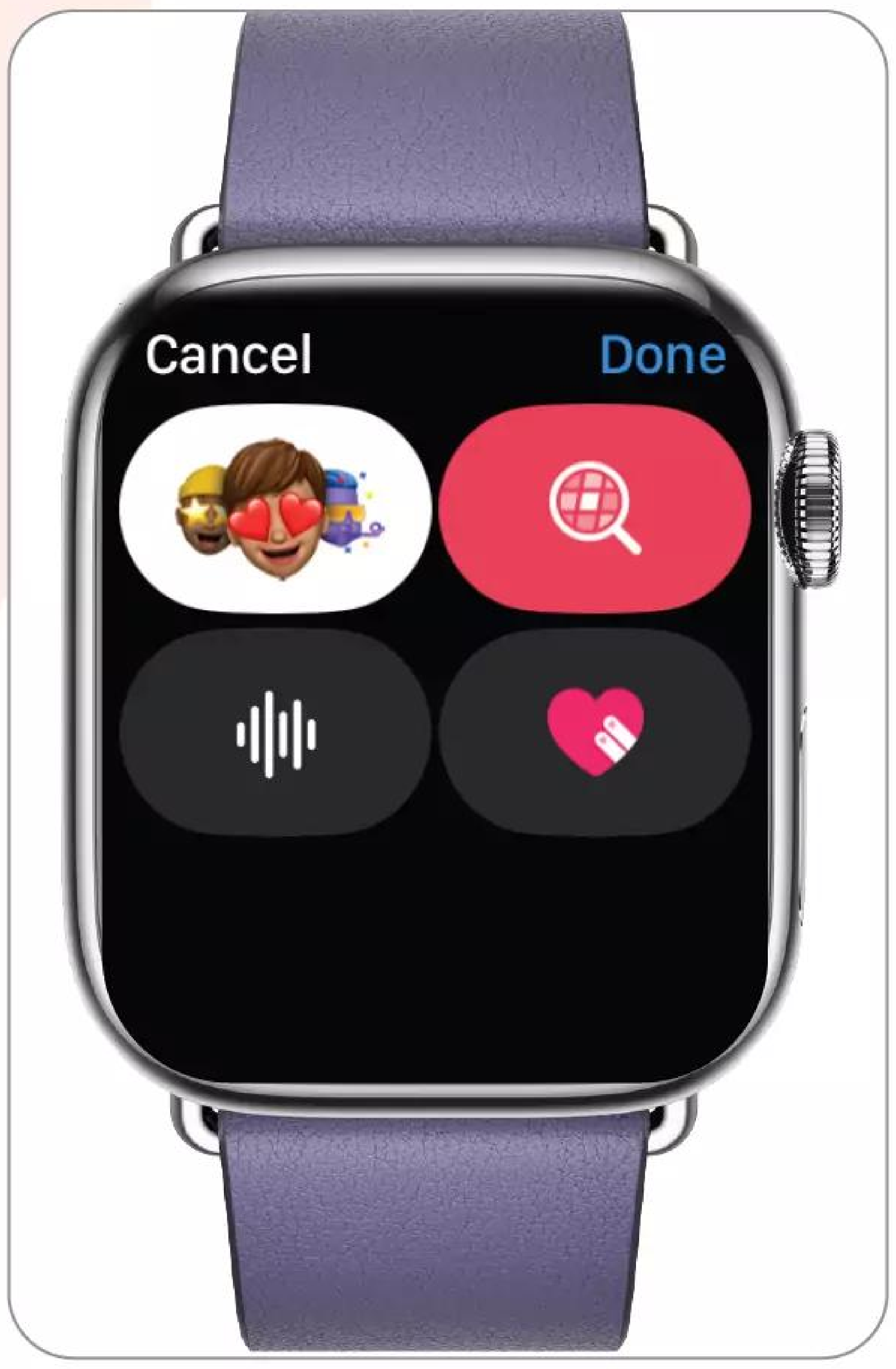
1 Open the Messages app. To send a new message to someone you've not messaged before, scroll down and tap the New Message button. Tap Add Contact and use Dictation (the mic), or your contacts (middle button), to find the person you wish to message. Or tap the keypad button (third button) and enter their telephone number.

2 When you have a person or persons selected, tap Create Message, then tap the Create Message field. To reply to an existing message, open the Messages app and scroll to the conversation you want to reply to. Tap the field titled 'Text Message' or 'iMessage', then enter your message. Either way, you then enter your message.

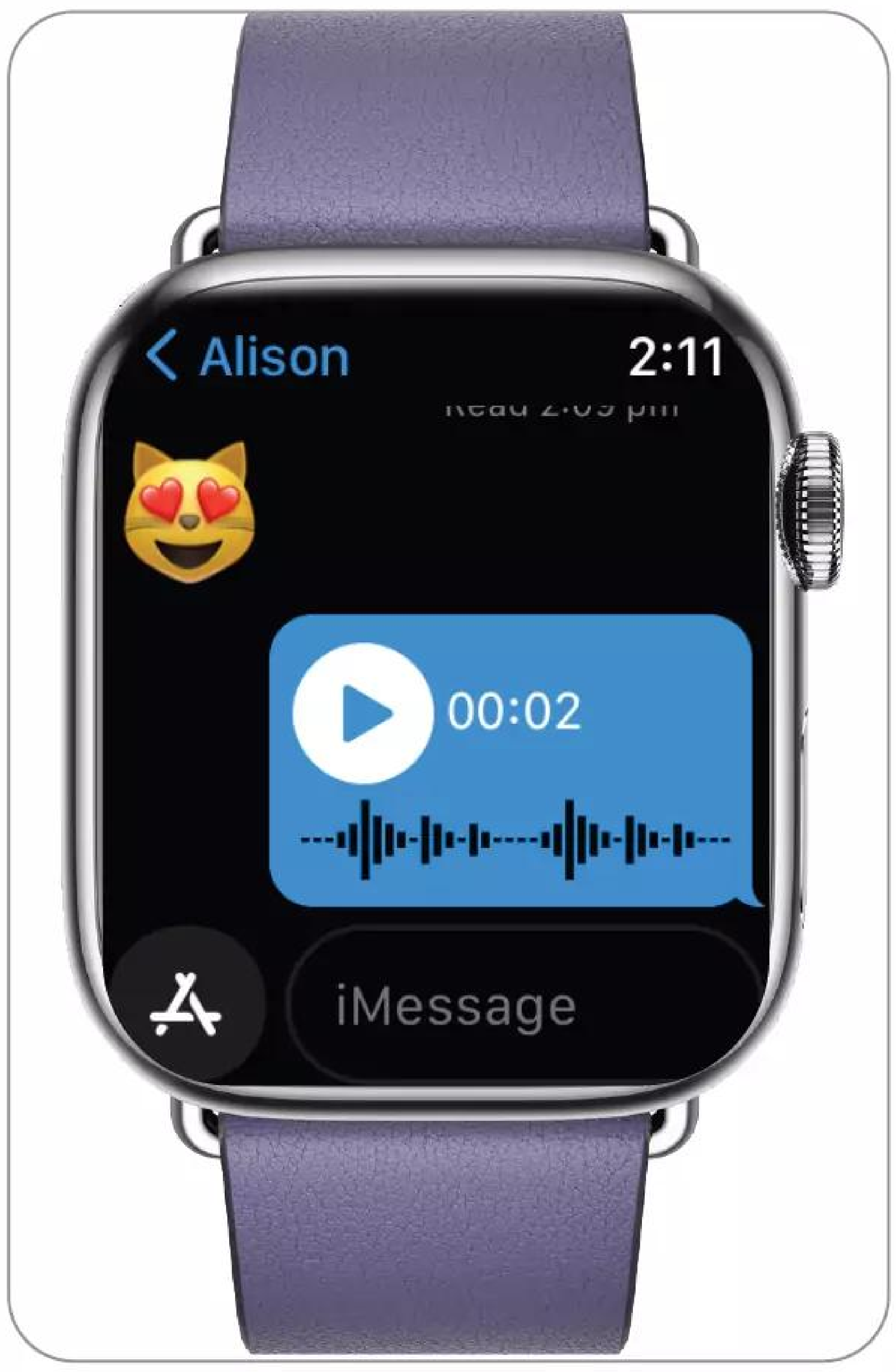
3 You can enter your text in a number of ways. If you have a Series 7 iPhone, there's the virtual keyboard. There's also the Scribble feature, or tap the mic to use text to speech (see our tutorials on how to use these features). Swipe up from the bottom of the screen to change between the keyboard and Scribble feature.



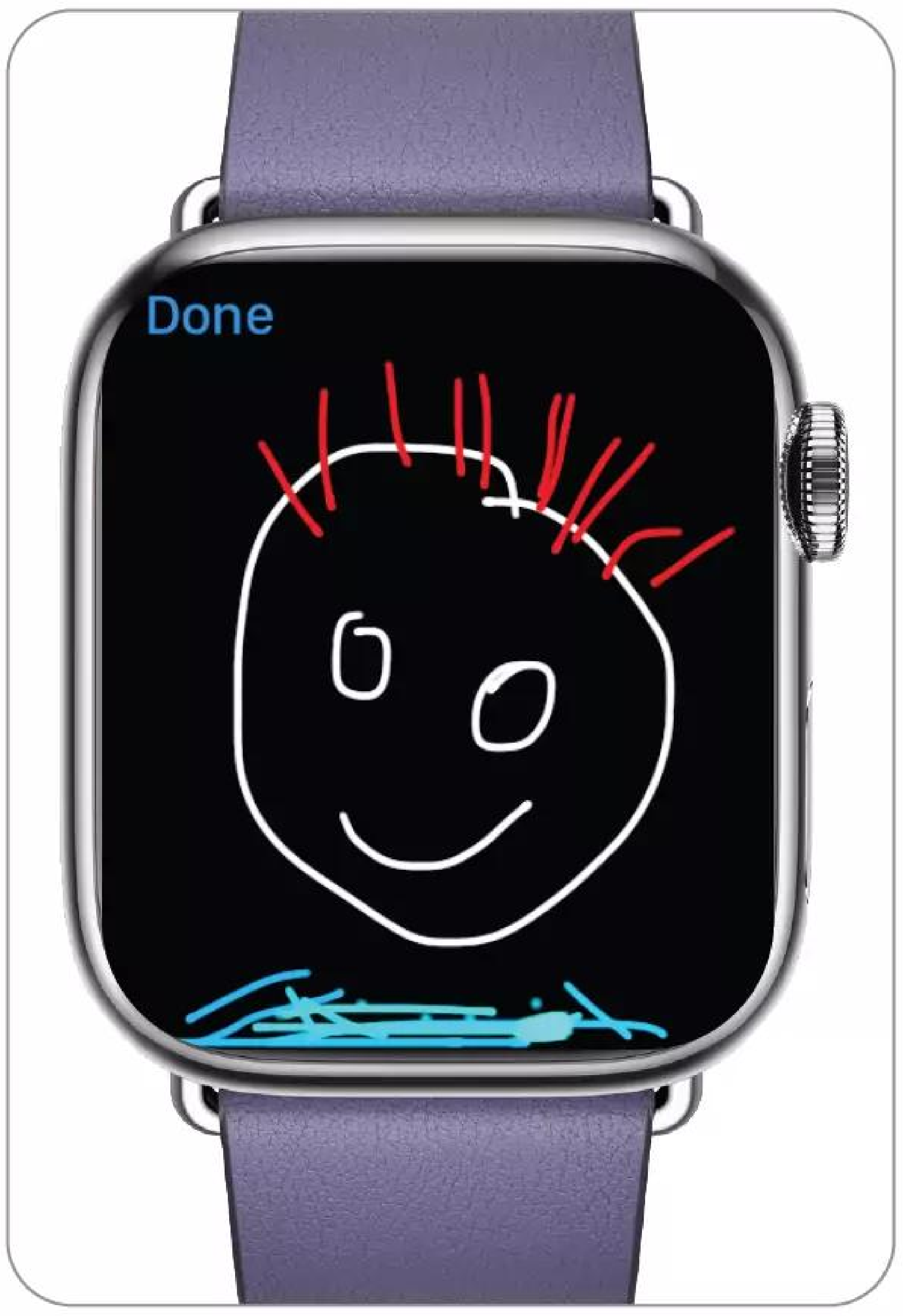
4 Whether you're sending a new message or replying to a message that's already in your conversations list, instead of tapping the text field, you can scroll up for 'Suggestions'; a list of ready-made comments. Tap one to send it.



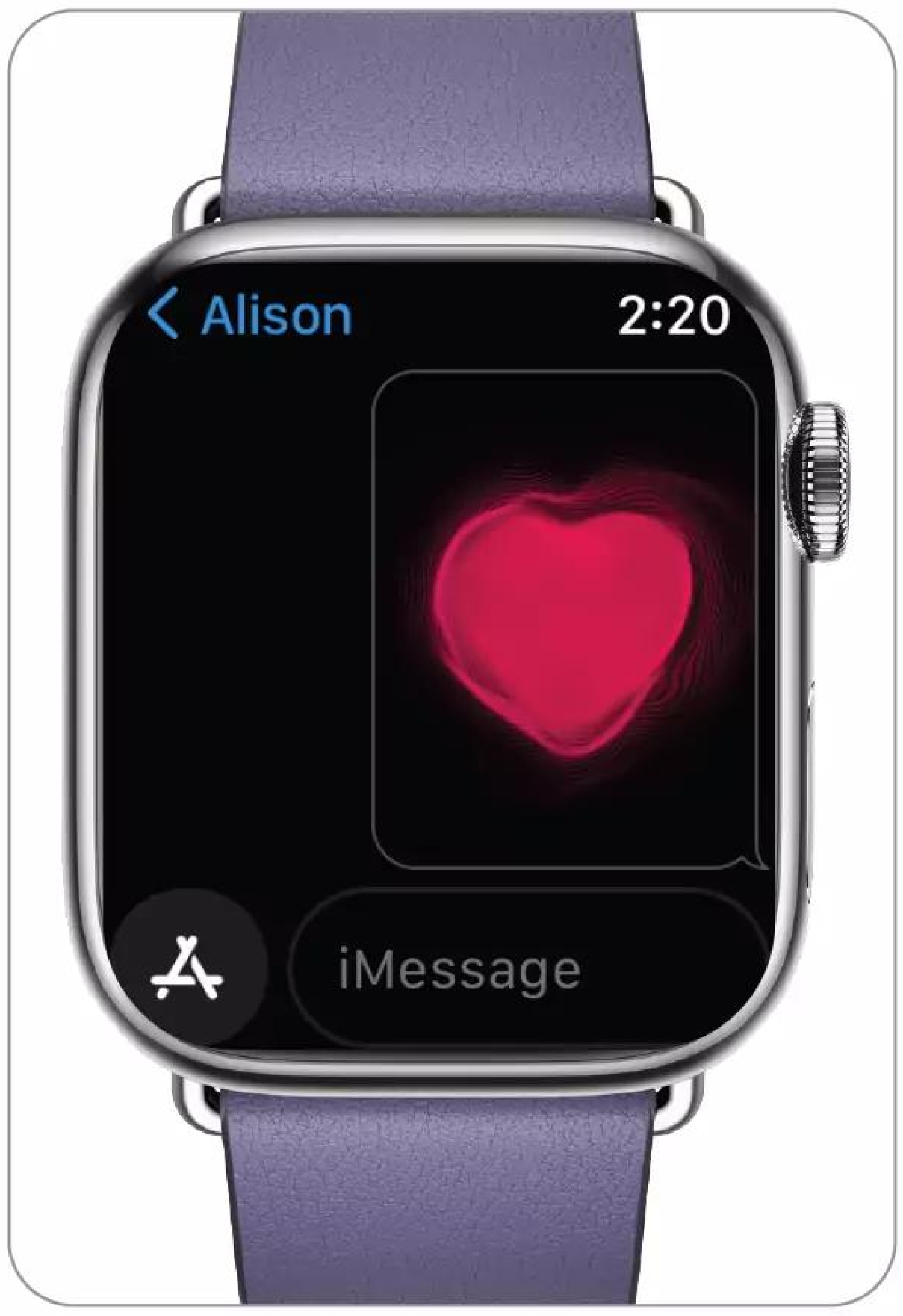
5 You can send emoji, stickers and GIFs as messages. To do so, tap the 'A' icon next to the text field and then tap the faces to navigate to an emoji or a sticker, or the magnifying glass to search for a GIF. Tap Send after choosing a GIF. Stickers and emoji are sent as soon as you choose and tap one.



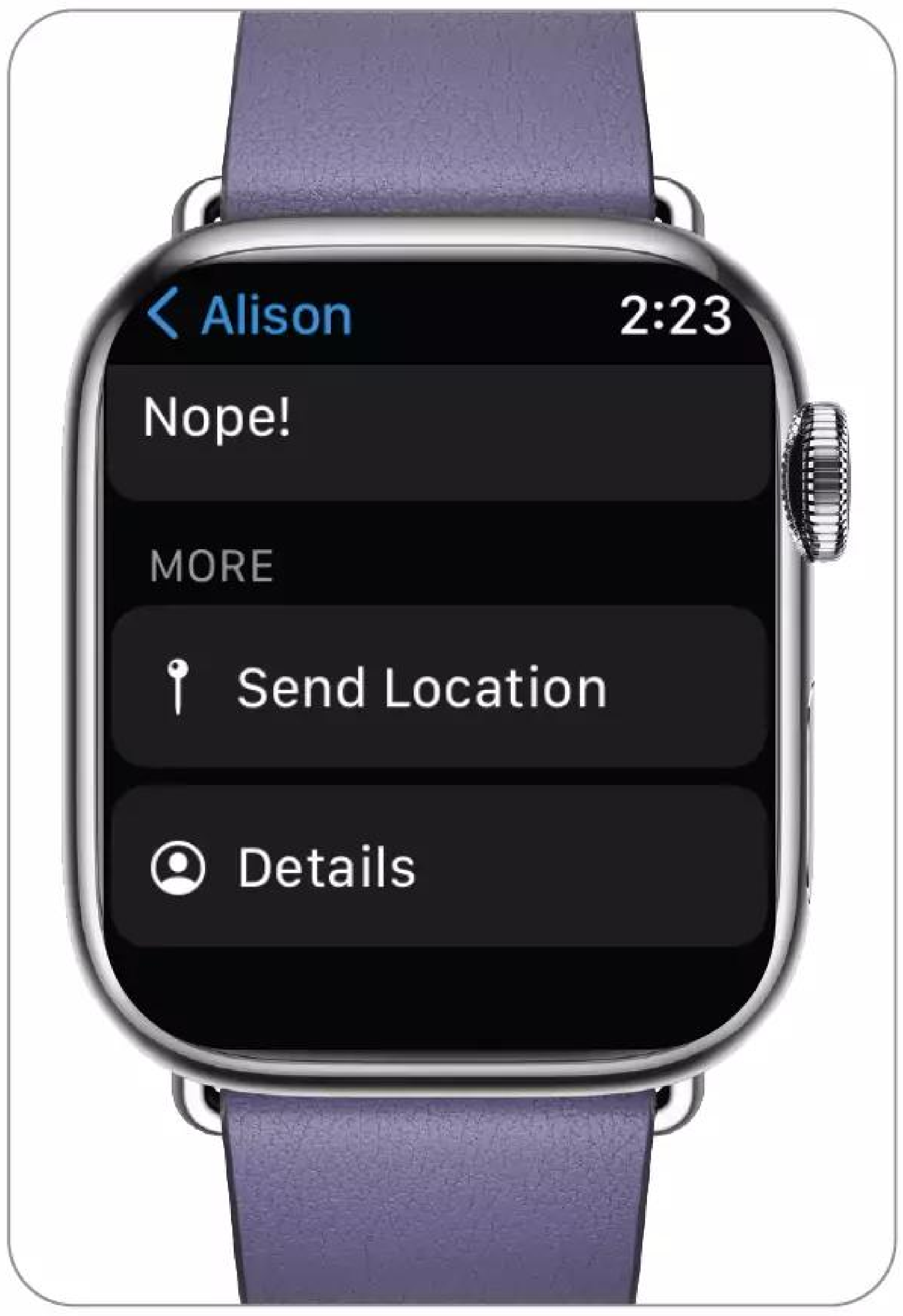
6 To send an audio clip (as opposed to speaking a message that gets converted to text), tap the 'A' icon next to the text field and then tap the wave form icon, bottom left. Tap Send when you've finished. The audio clip arrives as a picture of a wave form with a Play icon. Tap this icon and the clip is played.



7 The last option found when you tap the 'A' icon next to the text field is the button with the heart that has two fingers on it. Tap it, and draw a sketch on the Apple Watch screen, changing the colours using the dot in the top right. When you've finished, tap Done and the sketch is sent as a message.



8 You can also send 'feelings' using this screen. Tap the screen to send a tap or a tap pattern. Tap once or several times with two fingers to send a kiss; tap and hold with two fingers for a heartbeat; tap and hold with two fingers and then drag down for heartbreak; and hold with one finger to send a fireball.



9 To share your location with someone using Messages on the Apple Watch, instead of tapping the text field to write a message, scroll all the way to the bottom of the list and tap the Send Location button. To contact the person in the conversation in another way, tap Details and choose to ring, email or more.

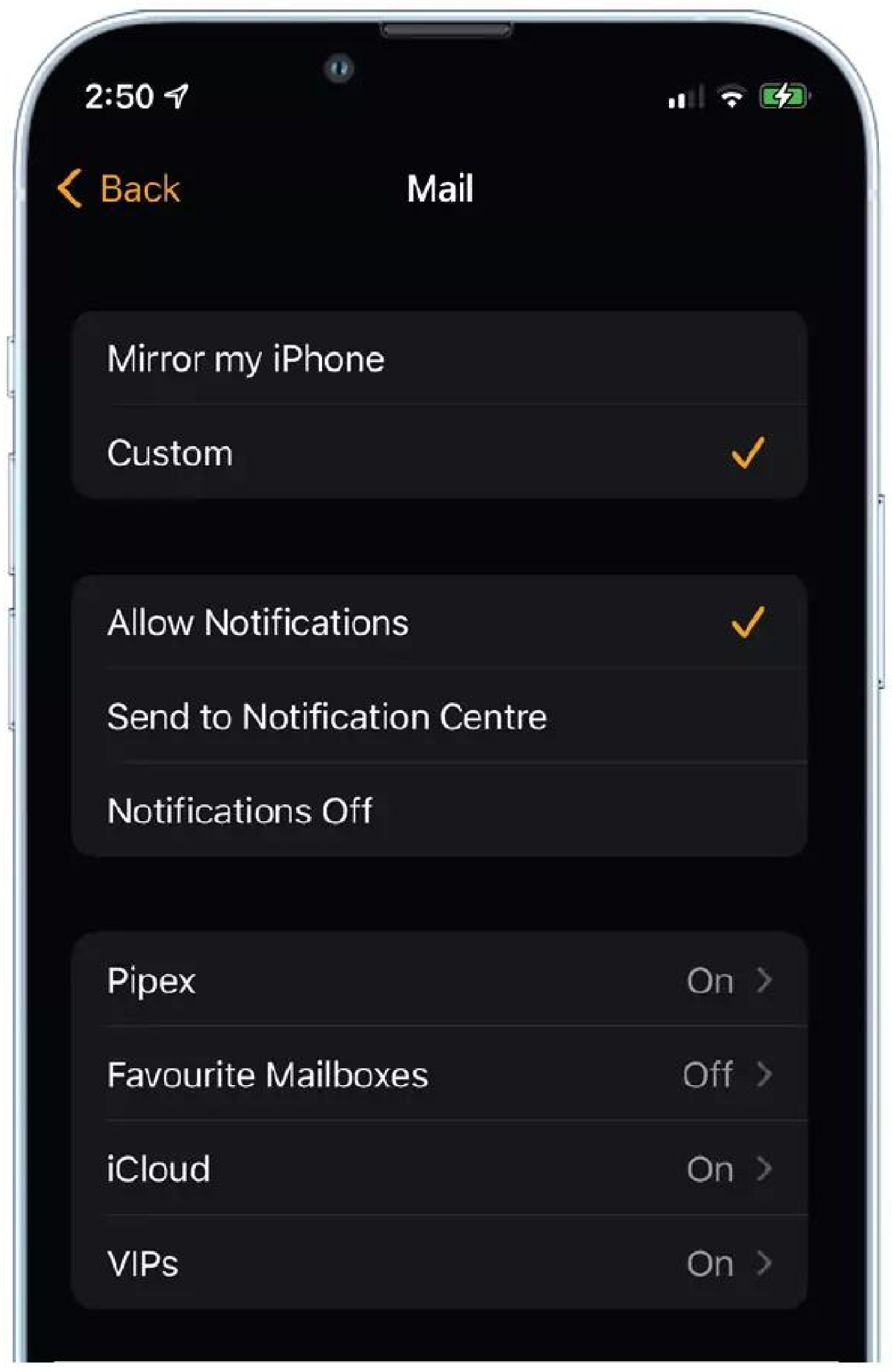
Mail From Your Wrist

It's amazing what you can do with Mail on the Apple Watch. You can read and reply to incoming emails, set it up so you only get emails from certain mailboxes on your watch, delete unwanted messages and flag any for later review. Then if you need more comprehensive tools, it's easy to switch to the iPhone's Mail app and read the same email.

Cancel
FREQUENTLY USED

Configuring the Apple Watch Mail App

It's wise to spend time with your iPhone's Watch app to set up the Apple Watch's email service to work how you want it to. So open your iPhone's Watch app, tap My Watch then Mail and follow these tips.



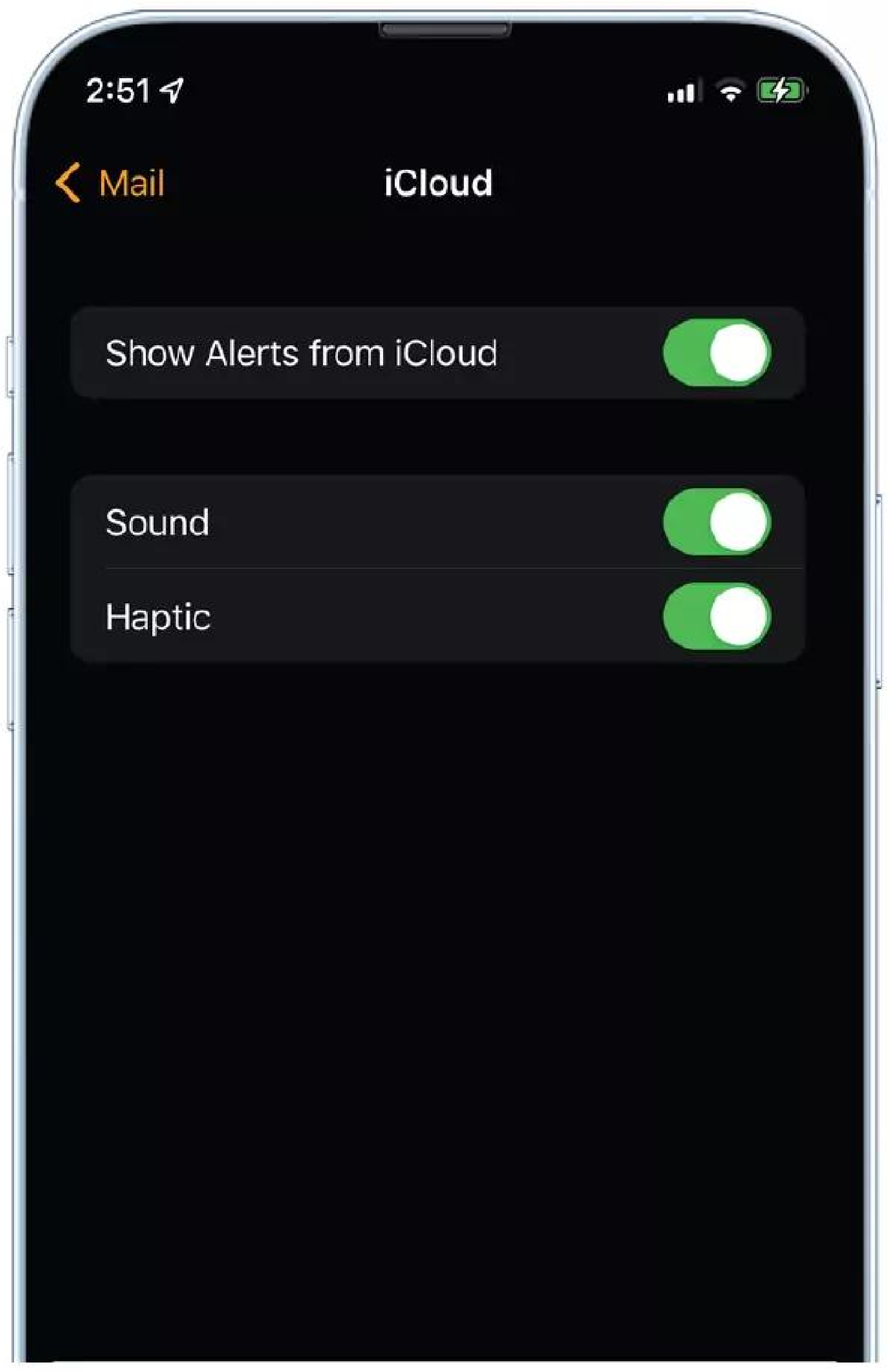
2:50

Back Mail

Mirror my iPhone
Custom ✓

Allow Notifications ✓
Send to Notification Centre
Notifications Off

Pipex On
Favourite Mailboxes Off
iCloud On
VIPs On

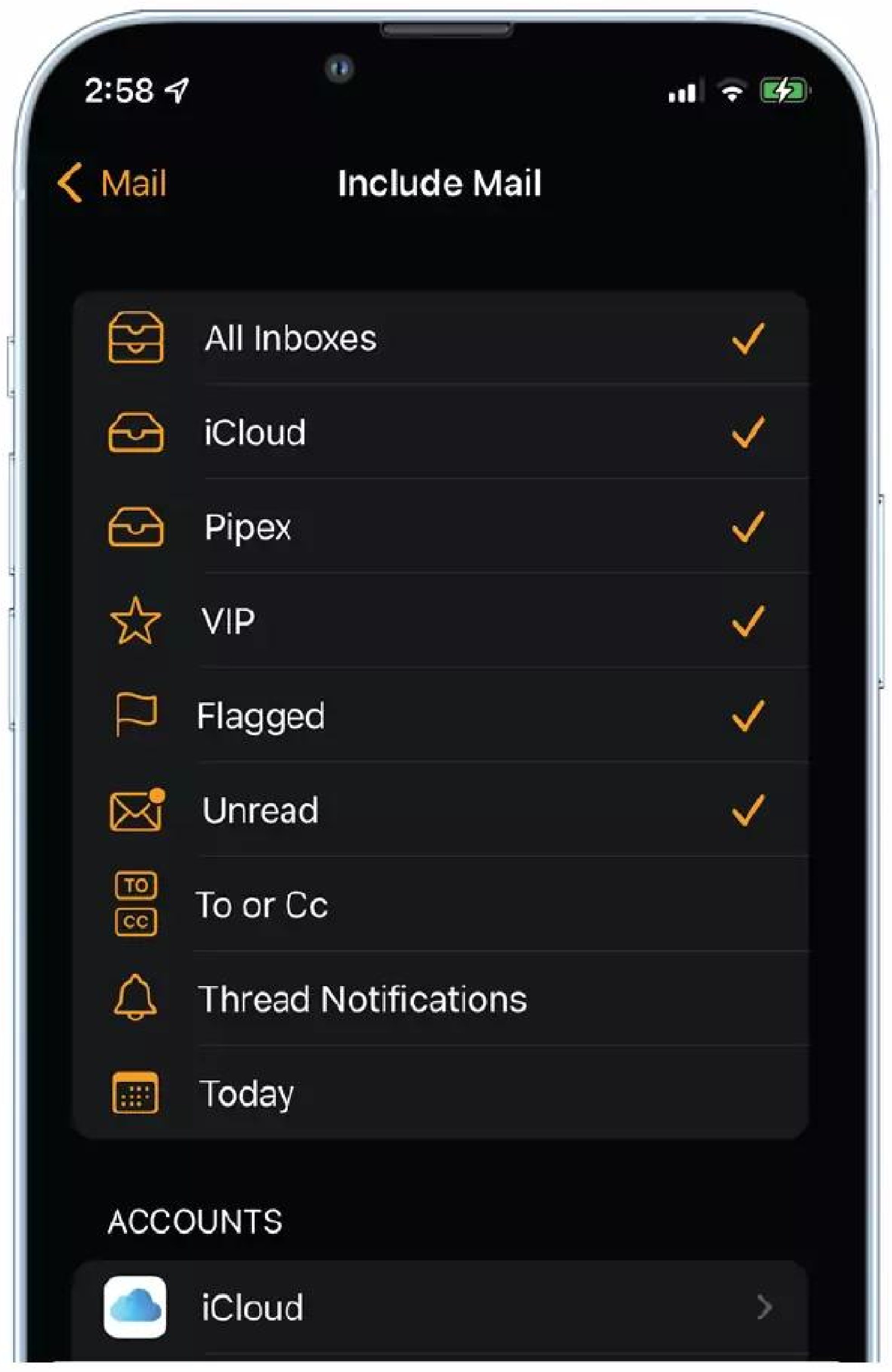


2:51

Mail iCloud

Show Alerts from iCloud ●

Sound ●
Haptic ●



2:58

Mail Include Mail

All Inboxes ✓
iCloud ✓
Pipex ✓
VIP ✓
Flagged ✓
Unread ✓
To or Cc
Thread Notifications
Today

ACCOUNTS
iCloud

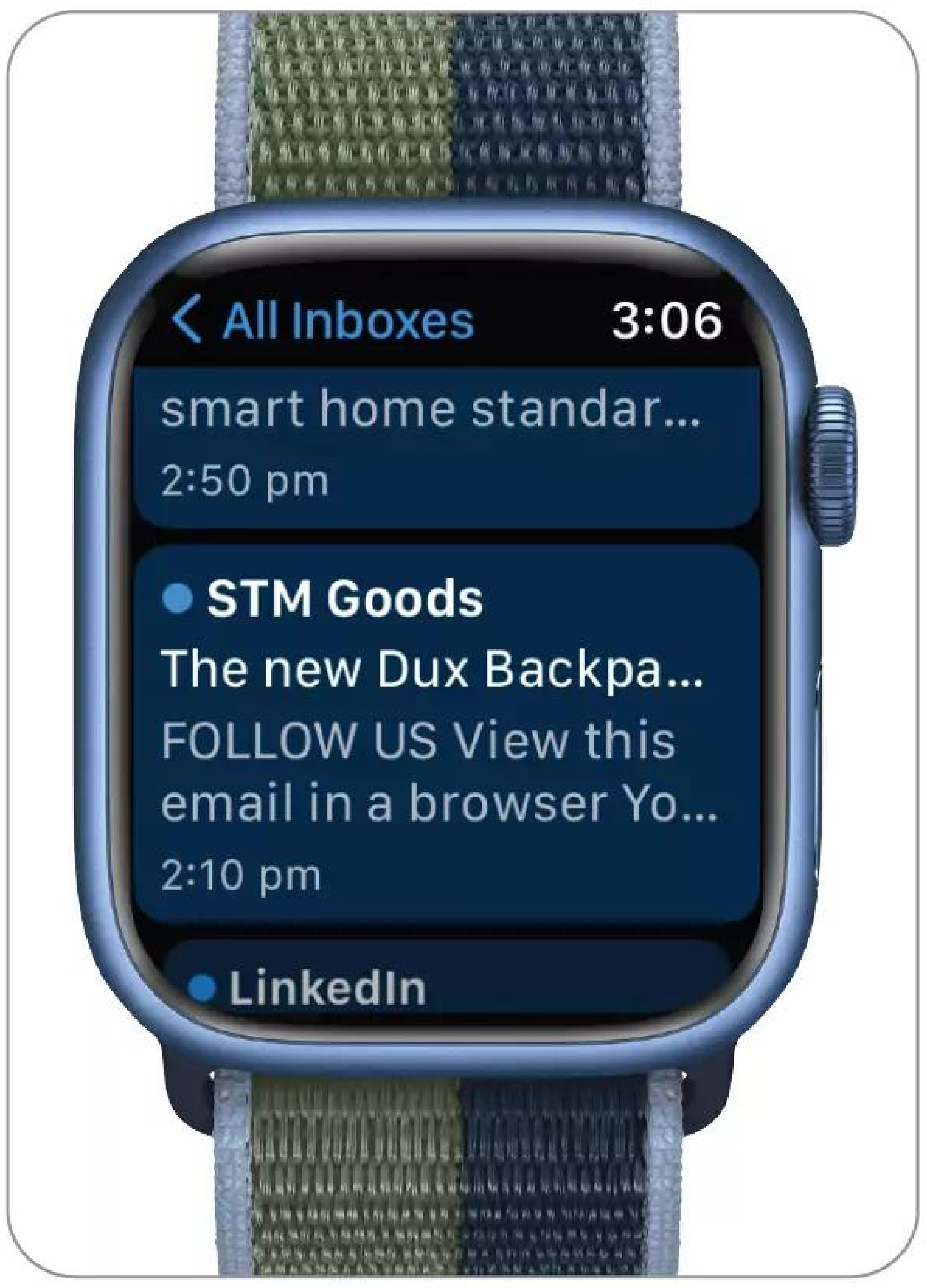
1 Do you want to mirror the settings you've set up for your iPhone's Mail app or configure the watch app separately? If the latter, tap Custom and adjust the settings to suit your needs. They're fairly self explanatory and you can change them again later if you wish.

2 You can set your alerts on a mailbox by mailbox basis and also for correspondents you've identified as VIPs. This is great if you have more than one mailbox set up on your iPhone and for example, you want alerts from your personal account but not work emails.

3 Under Mail Settings you can set which email inboxes are sent to your watch, how much of the message is previewed on the watch screen and more. To edit your default replies and signature, tap on one and type over it. Default replies are available when replying to emails.

Using the Apple Watch's Mail App

Now you've set it up, it's time to take a look at how to use the Mail application on your Apple Watch. You can even reply to incoming emails, right from your wrist. Here's how to get the most from the Apple Watch Mail app.

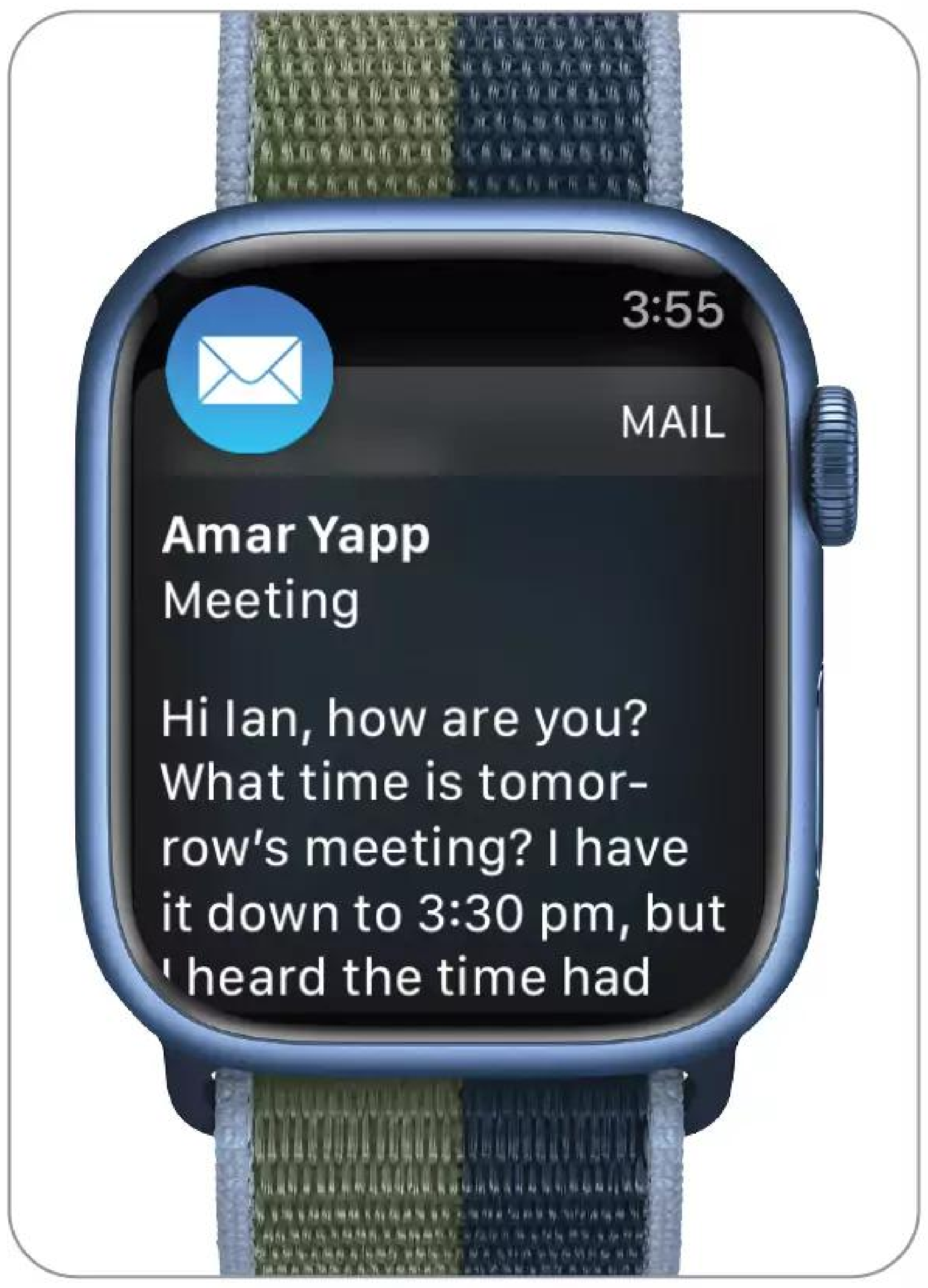


< All Inboxes 3:06

smart home standar...
2:50 pm

● STM Goods
The new Dux Backpa...
FOLLOW US View this email in a browser Yo...
2:10 pm

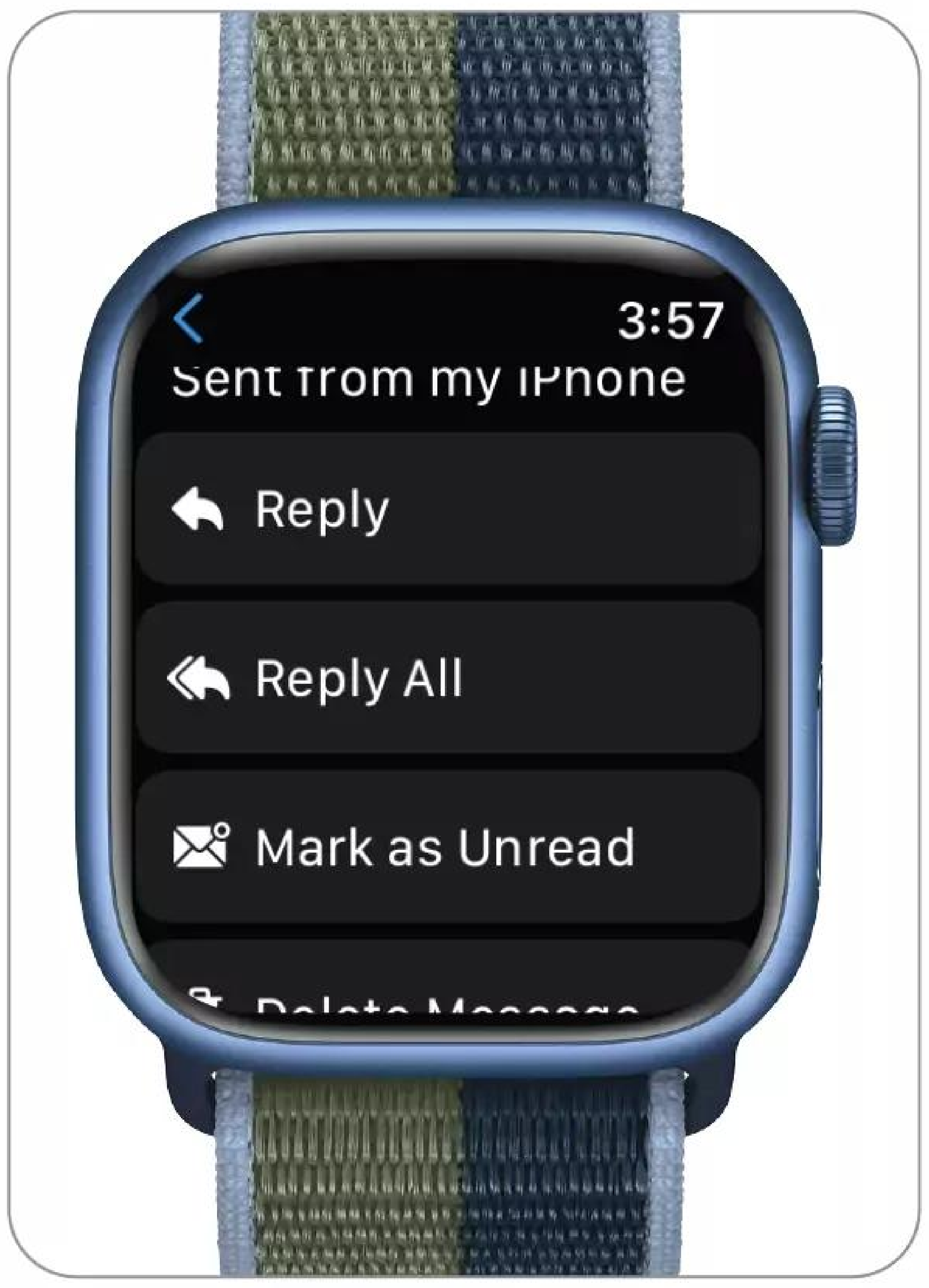
● LinkedIn



3:55
MAIL

Amar Yapp
Meeting

Hi Ian, how are you? What time is tomorrow's meeting? I have it down to 3:30 pm, but I heard the time had



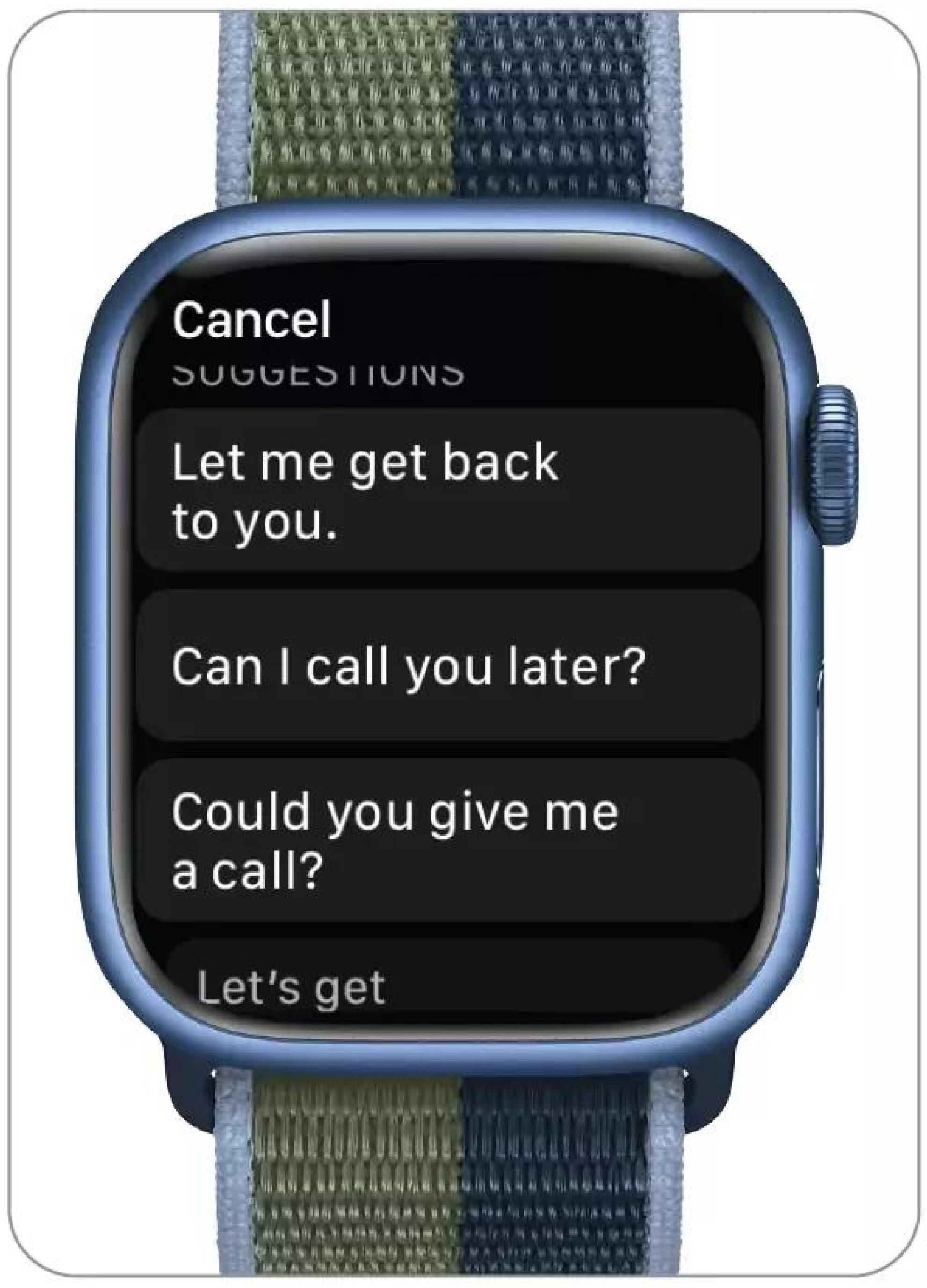
< 3:57
Sent from my iPhone

Reply
Reply All
Mark as Unread

1 When you get an alert saying you've got an email, tap it to read. Alternatively open the Mail app and scroll through the list of emails with the Digital Crown; tap the one you want to open. A blue dot next to the title means you haven't opened it yet.

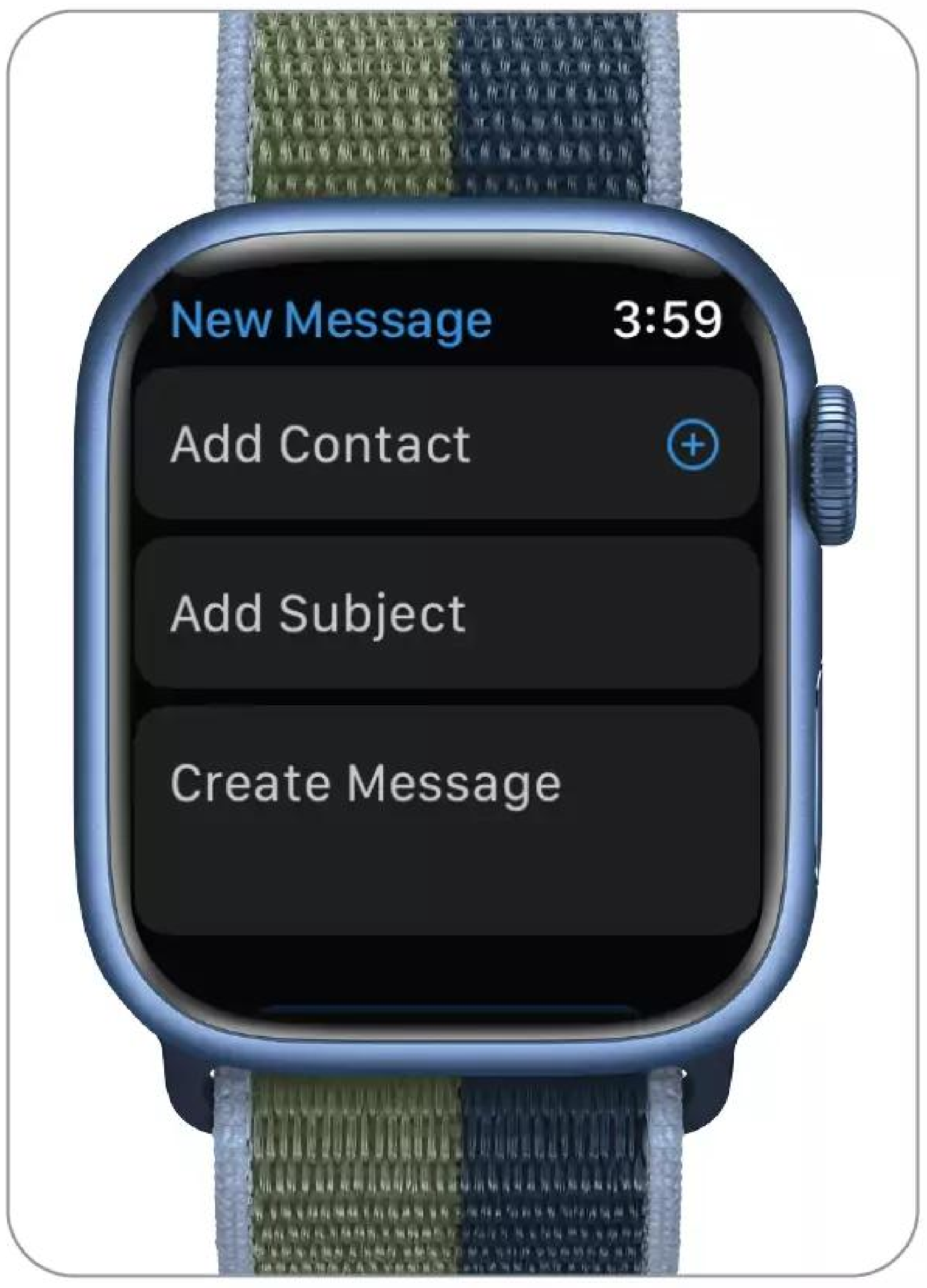
2 To read an email when you've opened it, scroll up and down with the Digital Crown, or by swiping up and down on the screen. To get back to the previous screen and choose another email to read, tap the top-left corner of the Apple Watch screen.

3 Scroll to the bottom of an open email to find these options. You can reply to the email, reply to the sender and all other recipients, mark it as unread so the blue dot is returned, flag it for later review or bin it by tapping Delete Message.



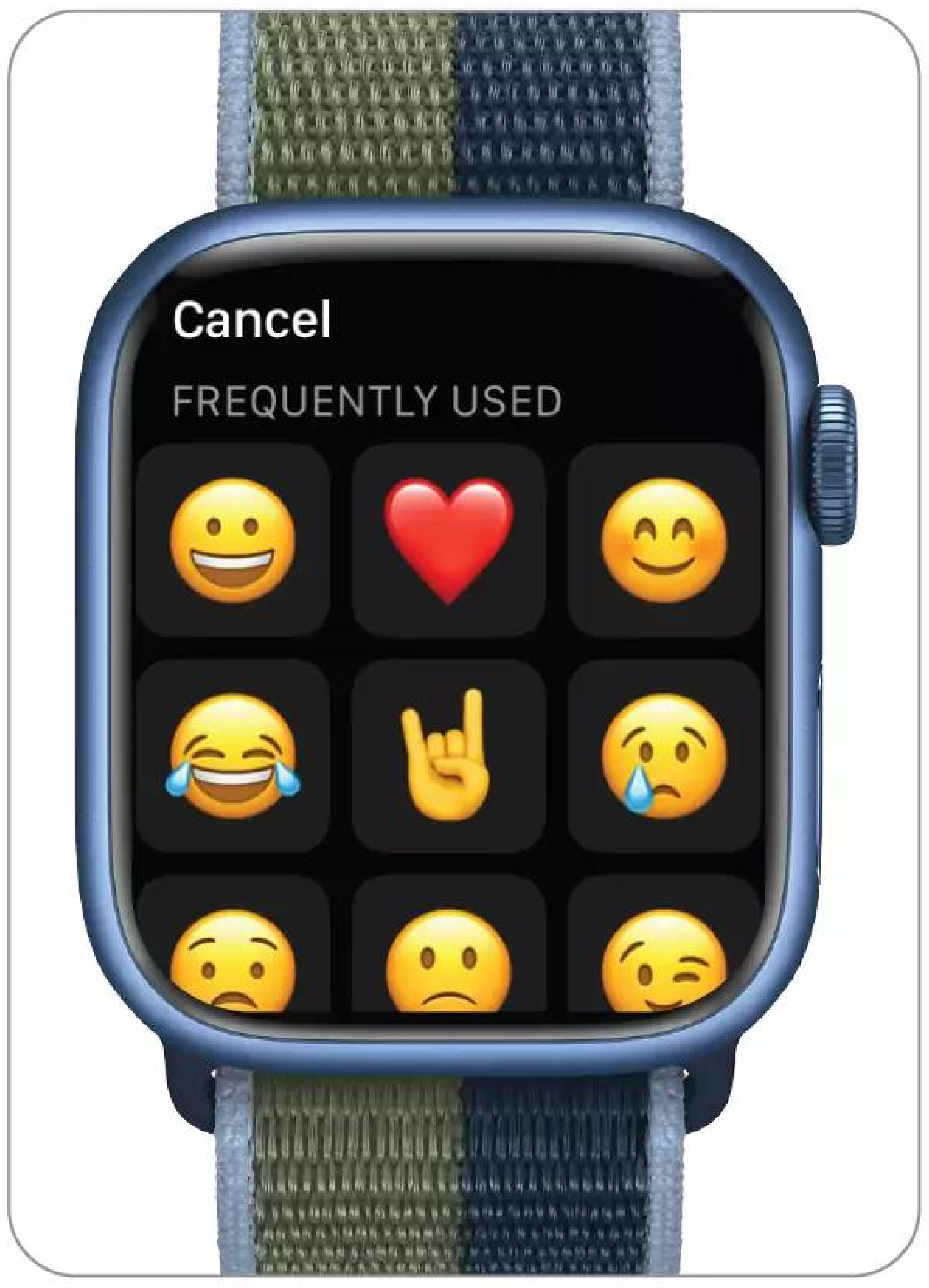
Cancel
SUGGESTIONS

Let me get back to you.
Can I call you later?
Could you give me a call?
Let's get



New Message 3:59

Add Contact ⊕
Add Subject
Create Message



Cancel
FREQUENTLY USED

😀 ❤️ 😊
😂 🤘 😢
😟 🙁 😉

4 When replying to an email, you can select a default reply instead of typing one. After tapping Add Message, instead of tapping on the text field, scroll down and tap one. You can add new default replies in the iPhone's Watch app, under Mail.

5 To send a new email directly from your watch, at the top of the main screen showing your emails, tap the New Message button. Then you can add a recipient or recipients, enter a subject and the message, then send it in the usual way.

6 While typing an email message, if you want to add an emoji, tap the smiley icon in the bottom-left corner of the keyboard or Scribble screen. You can then choose an emoji from those on offer. Scroll up and down the big list using the Digital Crown.

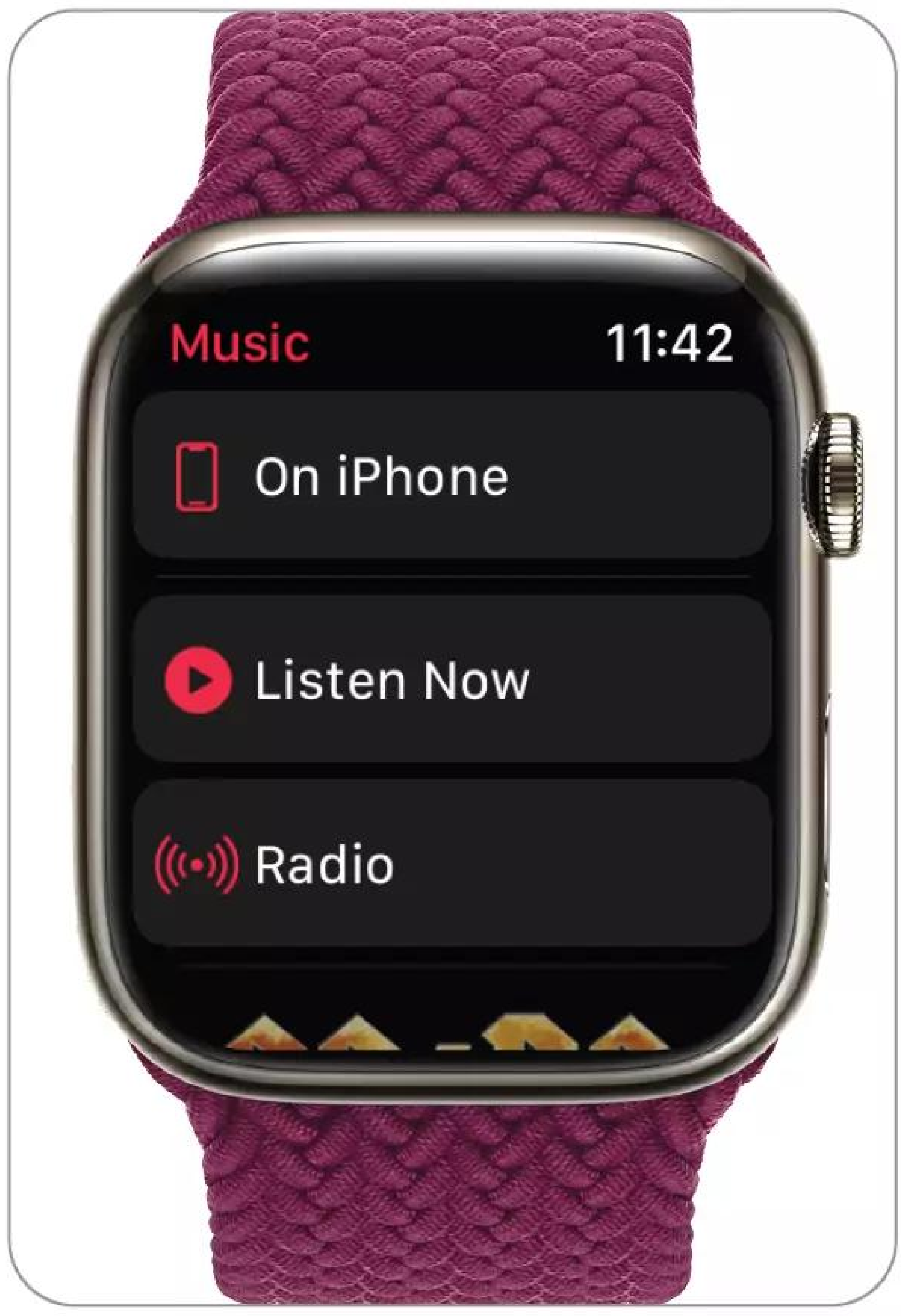
Enjoying Your Music

You can use Music on Apple Watch to control the Music app on your iPhone, picking a track or album to play, skipping and pausing your sounds, changing the volume and more. Just the thing if you have your iPhone in a speaker dock. You can also sync tracks to your Apple Watch, so you can listen to your music without having your iPhone nearby.

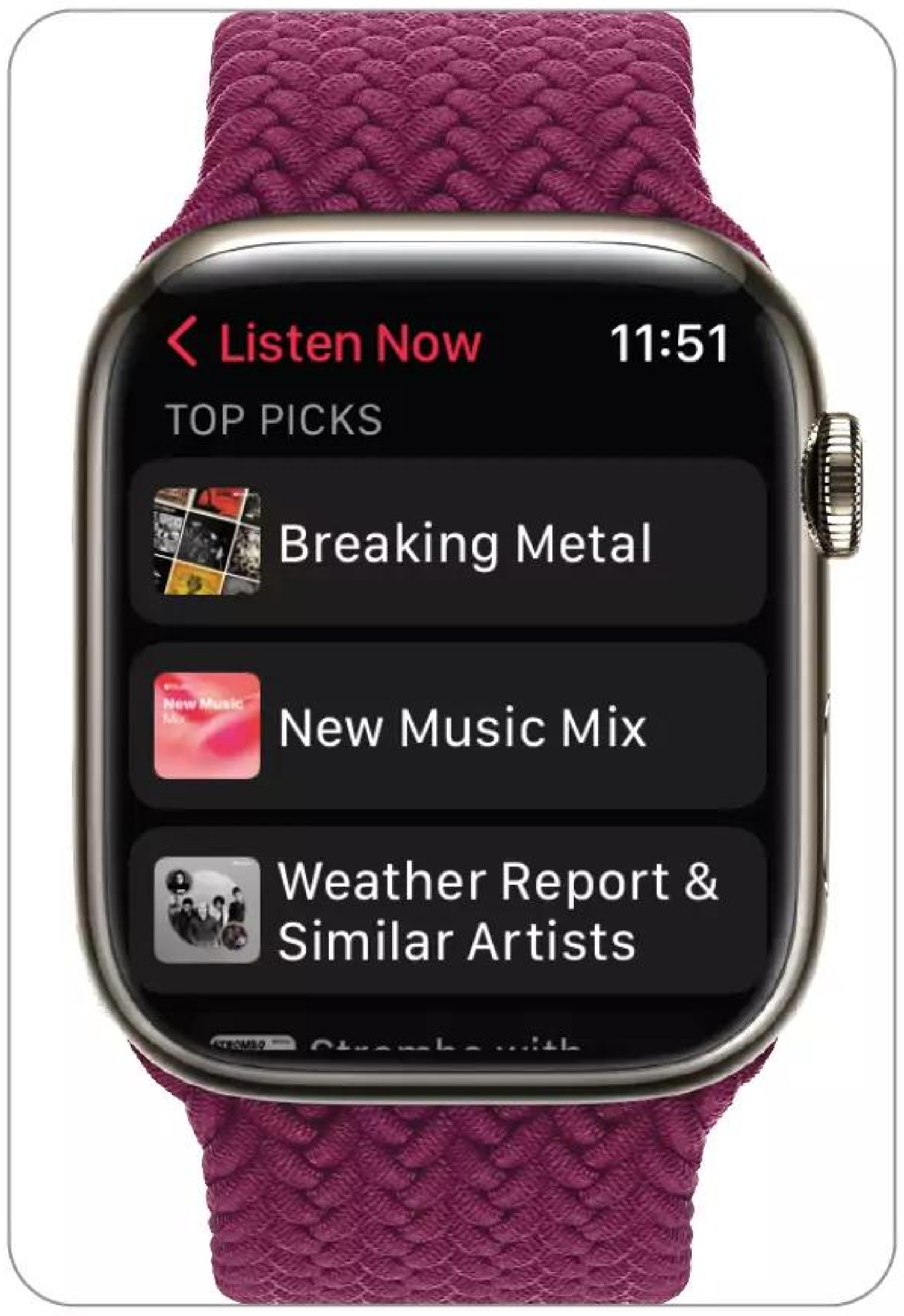
iPhone
12:53
Ace of Spades
Motörhead–Ace

Using the Music App

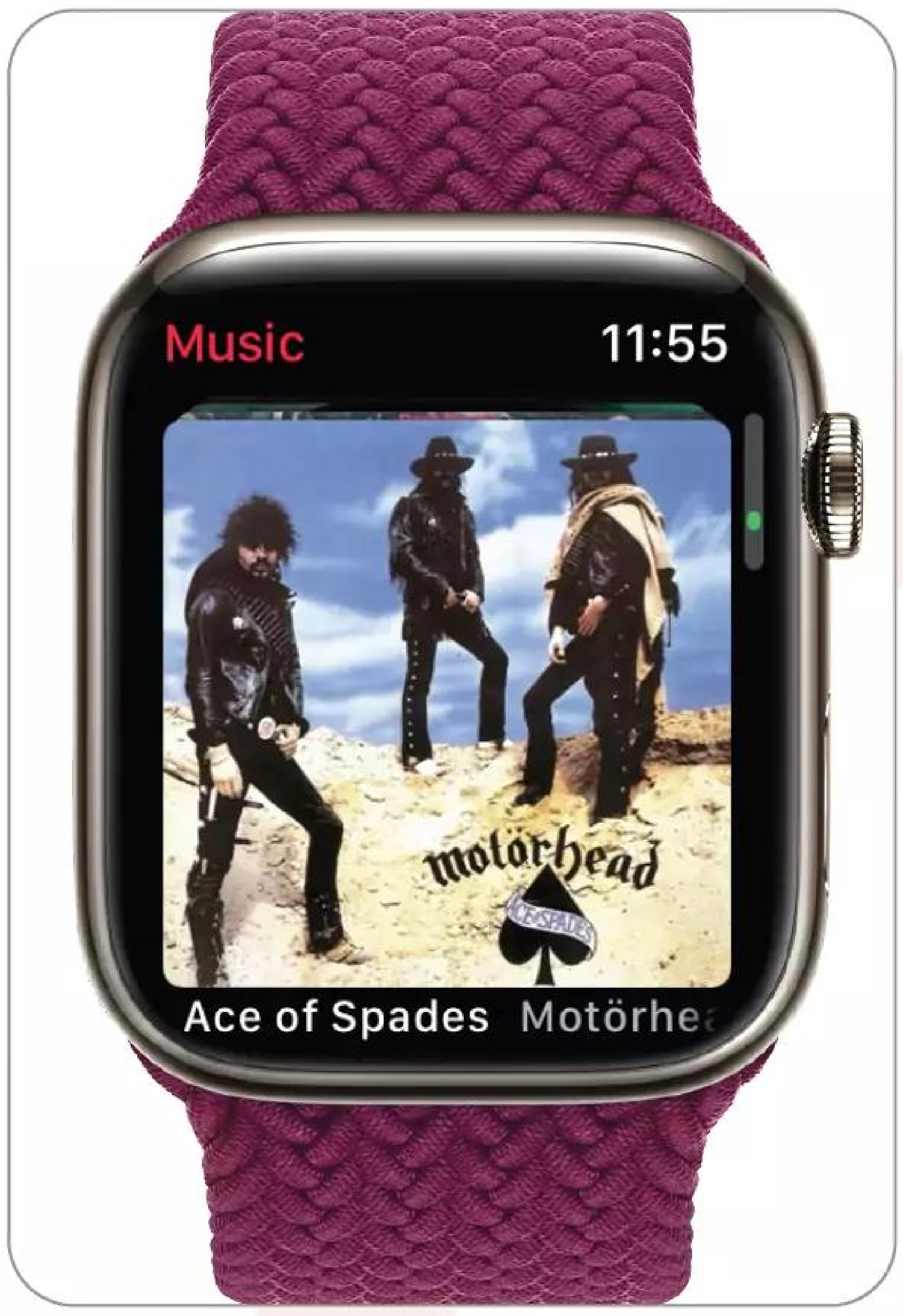
Music is one of the best apps on the Apple Watch. Why get up and change tracks on your iPhone when you can do it directly from your watch, right there on your wrist? Here's how to take advantage of the Music app's features.


Music
11:42
On iPhone
Listen Now
Radio

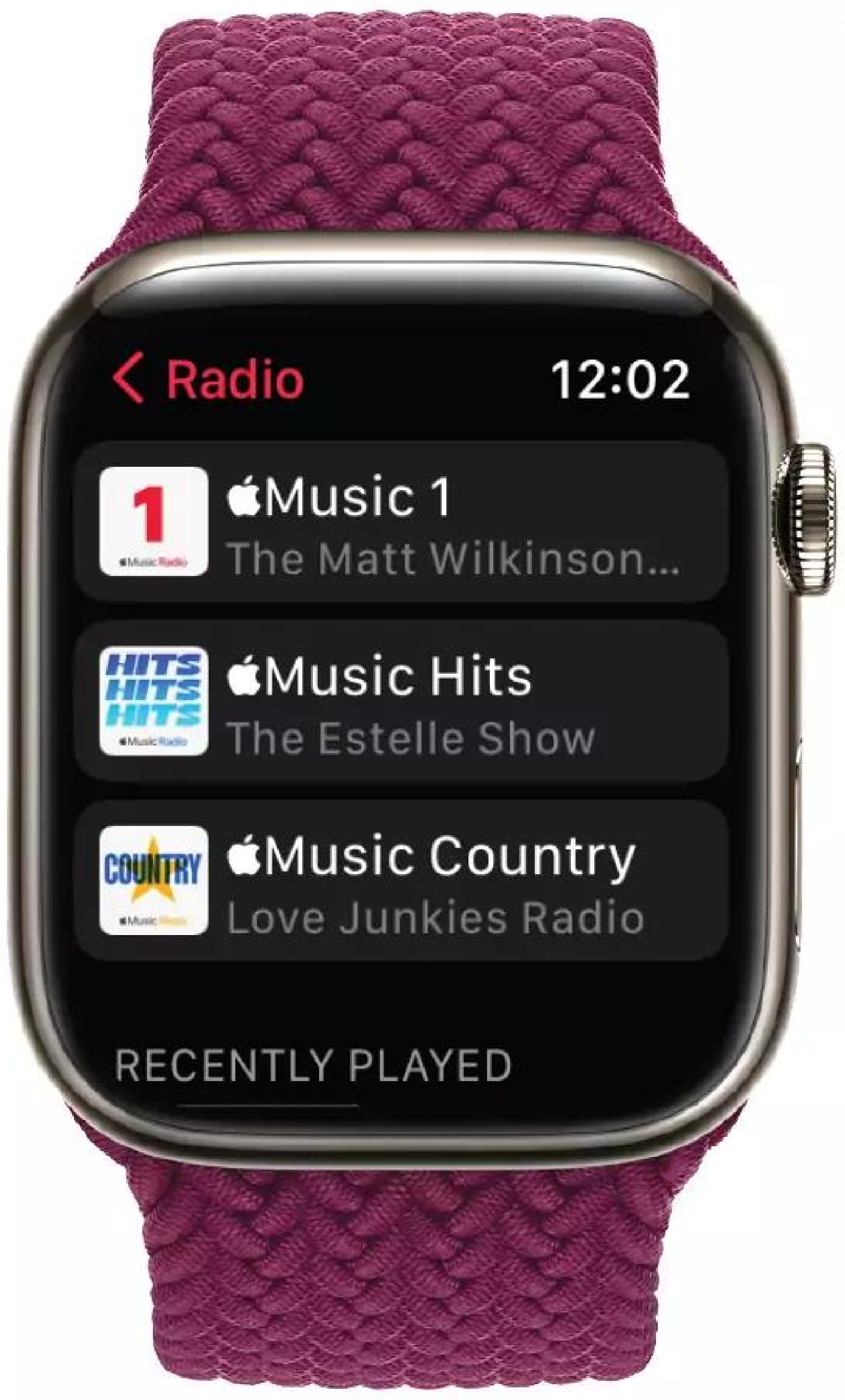
1 Open the Music app on your Apple Watch, and scroll to the top of the screen. If you want to listen to music that's on your iPhone, tap the On iPhone button and navigate to what you want. The music will play on your phone, or on a Bluetooth audio device connected to your phone, such as a speaker set or a pair of earbuds.

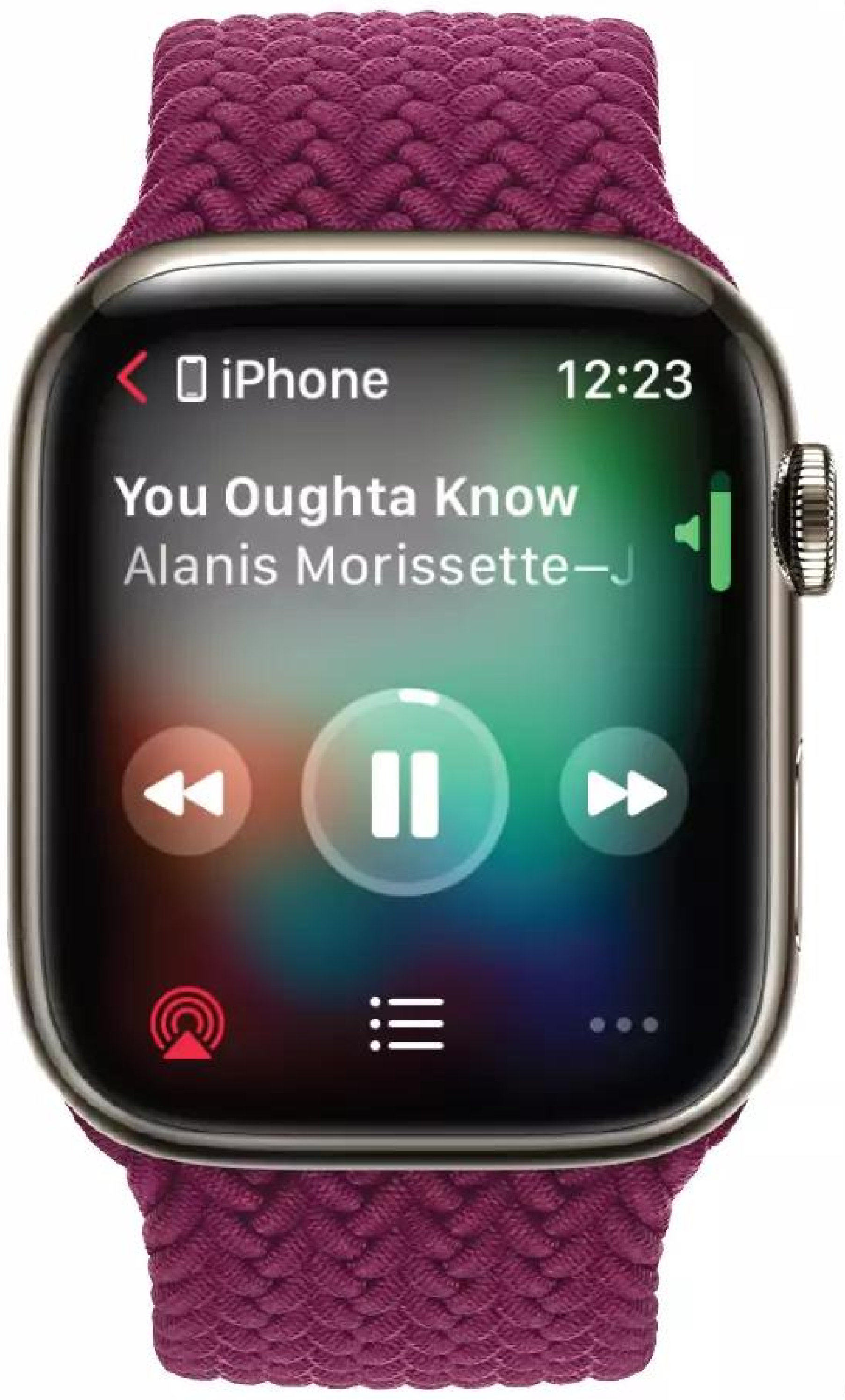

Listen Now
11:51
TOP PICKS
Breaking Metal
New Music Mix
Weather Report & Similar Artists

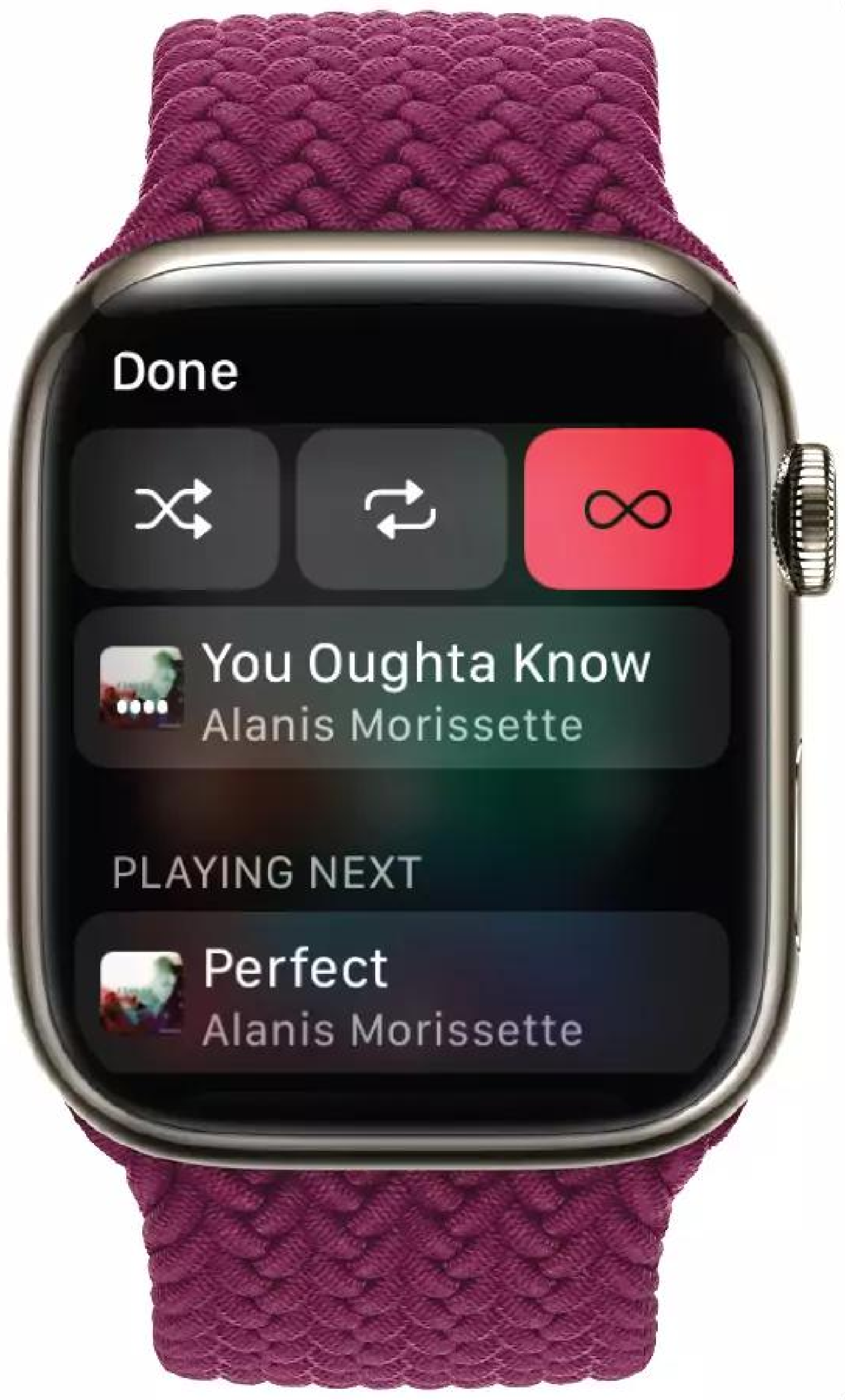
2 The Listen Now option lets you play music directly from your Apple Watch. This is music that's been synced or transferred to your watch. You can listen to this music through Bluetooth devices paired with the watch itself. You don't need your iPhone with you at all to listen to music from the watch; just the thing for the gym.


Music
11:55
Ace of Spades
Motörhea

3 Scroll up with the Digital Crown or by swiping up with your finger, and you'll see cover art for albums and playlists that are contained on your Apple Watch. Tap one to listen to it. By default, music you've recently listened to on your iPhone is automatically synced with your watch, so there might be more here than you think.


Radio
12:02
Music 1
The Matt Wilkinson...
Music Hits
The Estelle Show
Music Country
Love Junkies Radio
RECENTLY PLAYED

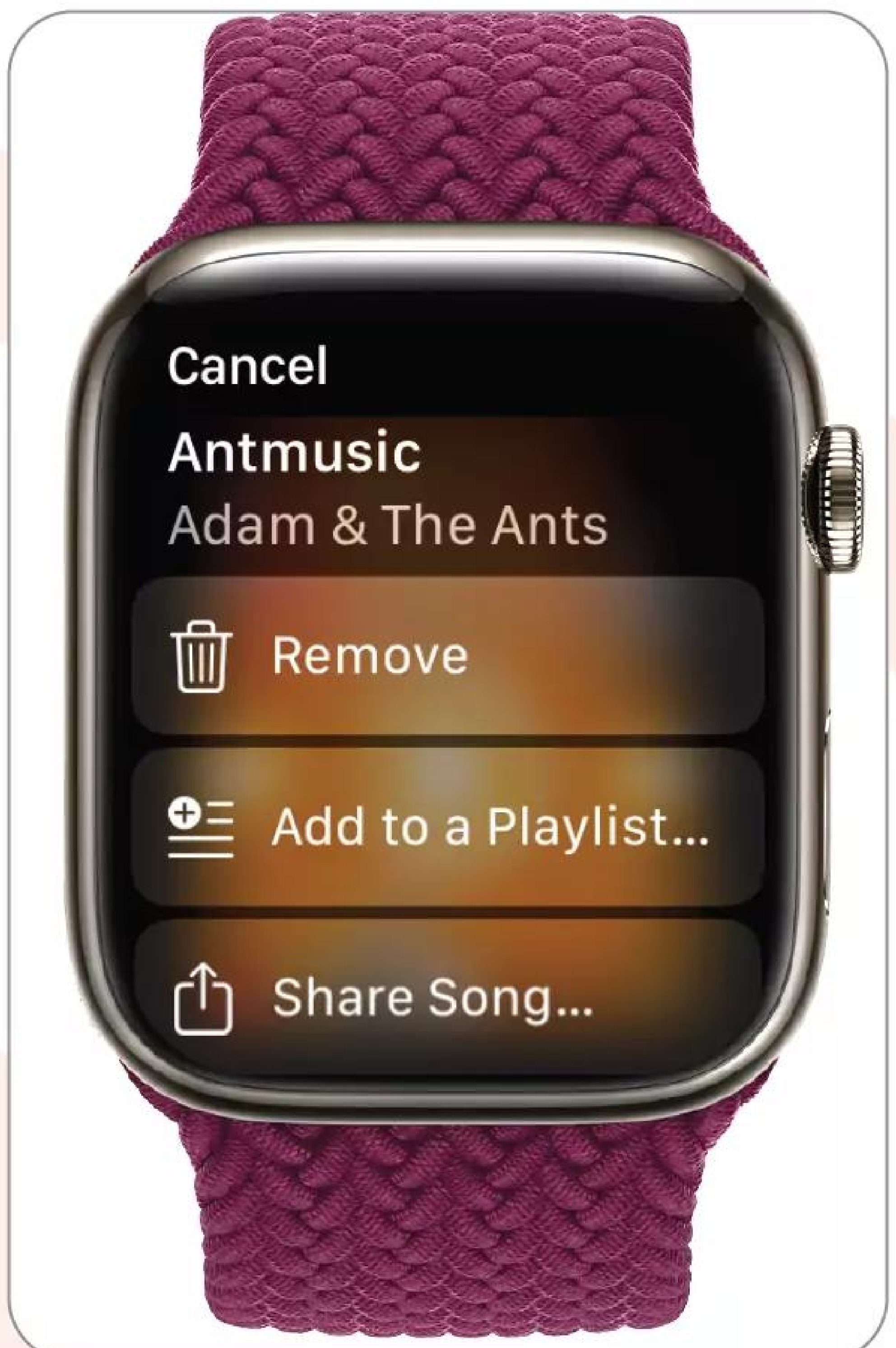

iPhone
12:23
You Oughta Know
Alanis Morissette—J


Done
You Oughta Know
Alanis Morissette
PLAYING NEXT
Perfect
Alanis Morissette

4 If you subscribe to the Apple Music streaming service, you also have the option of listening to online radio stations. Just tap the Radio button, and scroll through the options; which include Apple Music radio, recently played music and genre stations.

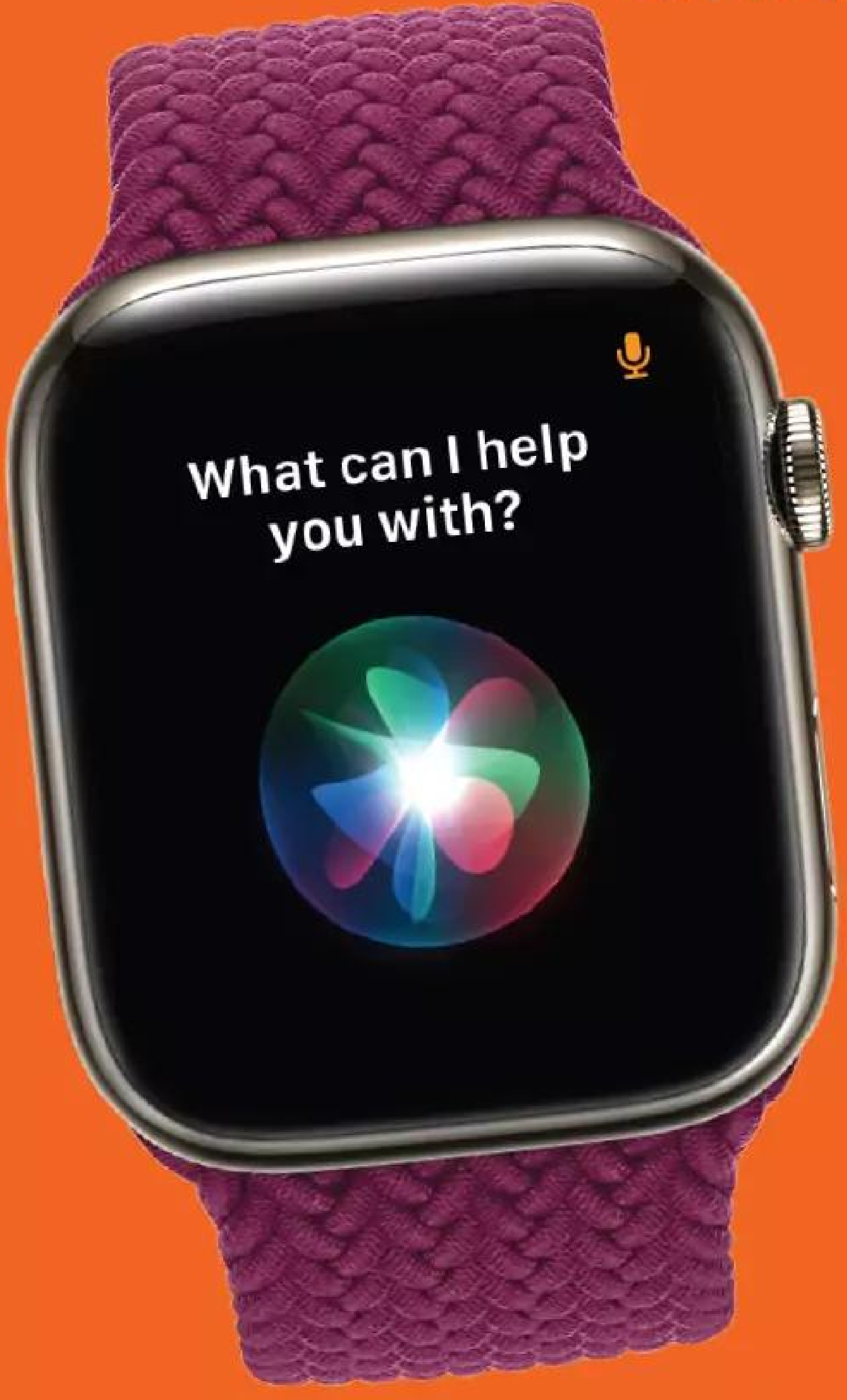
5 While playing music, whether on your iPhone or your Apple Watch, you get a set of controls on your watch screen. Use the Digital Crown to increase or decrease the volume. The large button in the centre pauses and plays the current track.

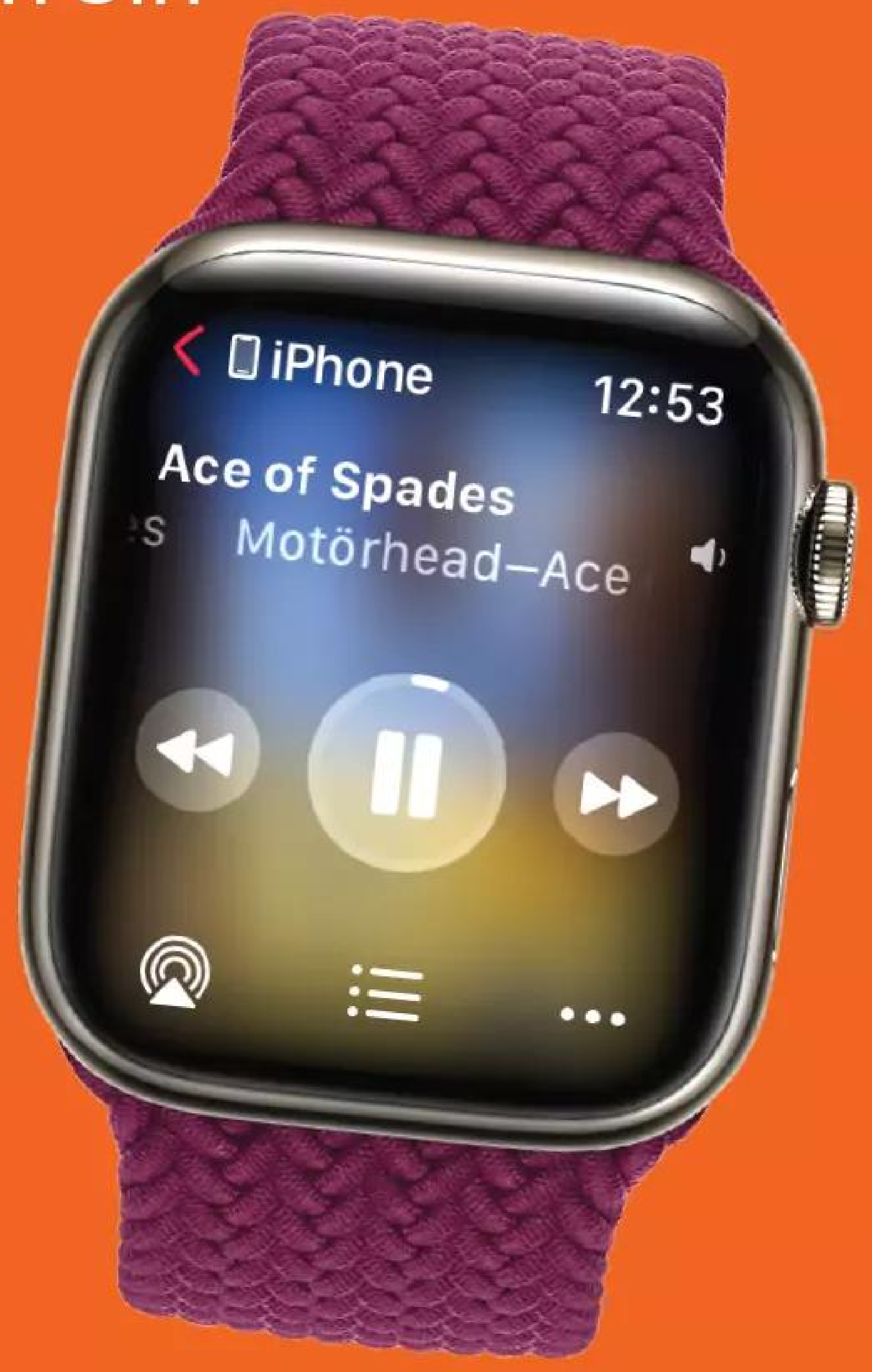
6 Also in the Music controls, the buttons either side of Play/Pause are for skipping tracks. The bottom-left icon lets you change the output source for your audio, and the three lines icon takes you here, where you can see what's playing next, shuffle, repeat or just play.


Cancel
Antmusic
Adam & The Ants
Remove
Add to a Playlist...
Share Song...

7 Where you see a three-dots icon, tap it and you can choose between several options. These are; Remove the song; Add to Playlist; Share Song; Love the song (mark as a favourite); Suggest Less; View Artist, which shows you their songs and more; and View Album.

Listen with Siri


What can I help you with?


iPhone
12:53
Ace of Spades
Motörhead—Ace

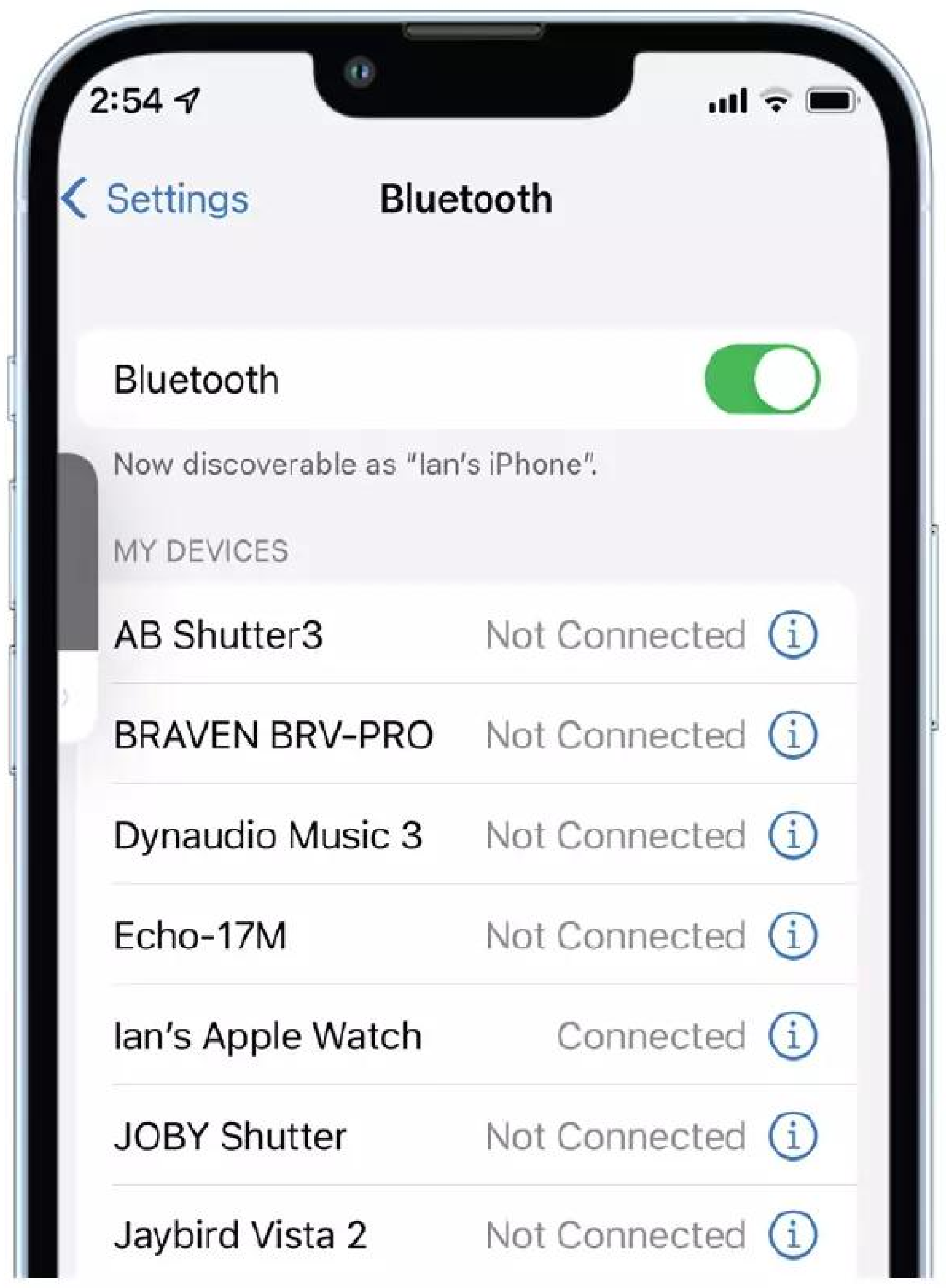
1 If you subscribe to the Apple Music subscription service, you can listen to songs using the Siri personal digital assistant, and you have over 75 million tracks to choose from. First of all, activate Siri by pressing and holding the Digital Crown or saying 'Hey, Siri'.

2 You can then ask for a track, album or band by name. If the music you requested is on the Apple Music streaming service, you get to listen to it on your watch. Obviously, your watch must be connected to the Internet for you to stream from Apple Music.

Adding and Removing Music on Watch

As well as listening to iPhone music through your Apple Watch, you can also transfer songs directly to the watch and listen to it without an iPhone connection. Here's how to add and remove songs on your watch.

Adding Music to Your Watch

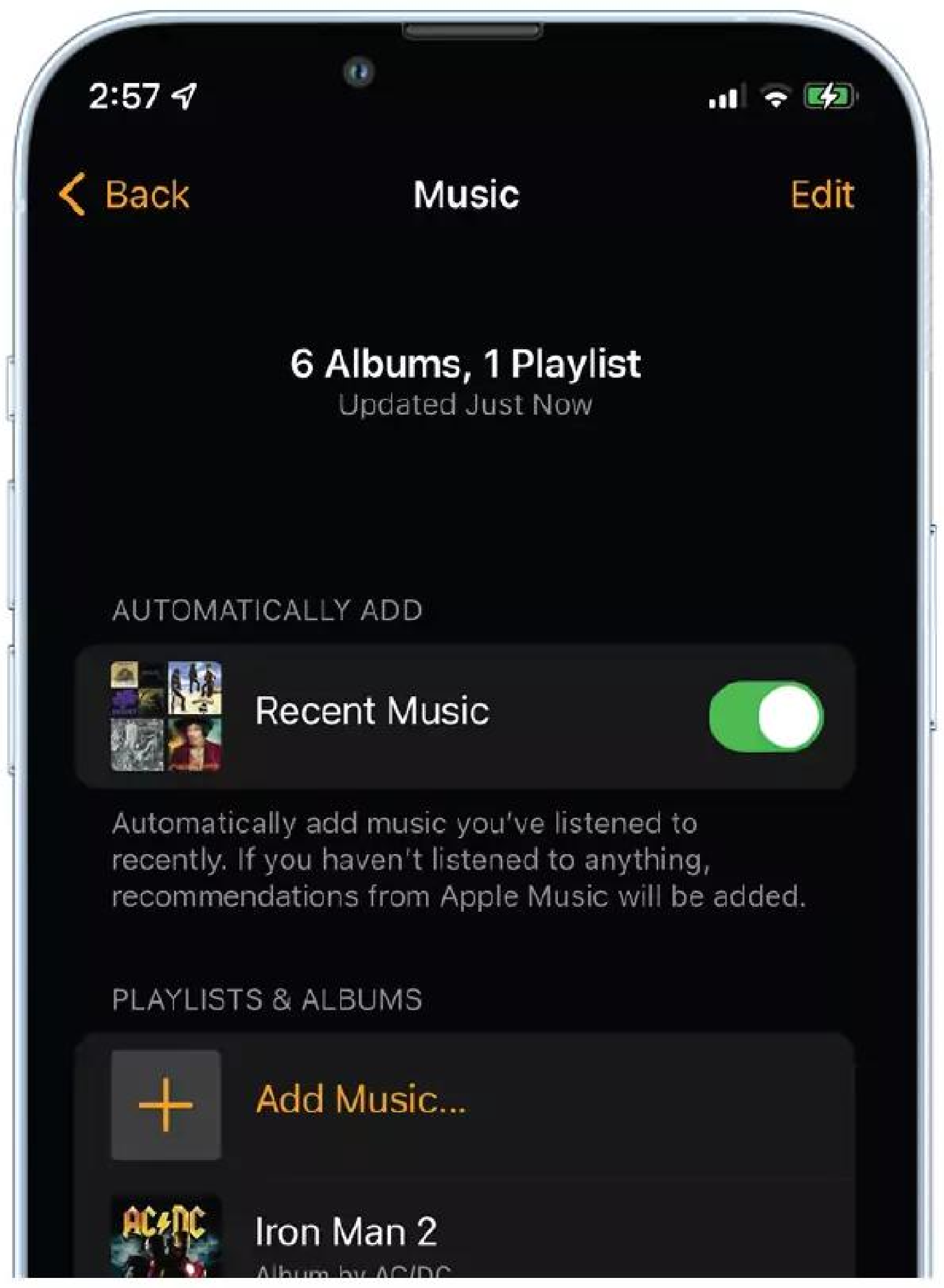

2:54
Settings
Bluetooth

Bluetooth ●

Now discoverable as "Ian's iPhone".

MY DEVICES

AB Shutter3	Not Connected ⓘ
BRAVEN BRV-PRO	Not Connected ⓘ
Dynaudio Music 3	Not Connected ⓘ
Echo-17M	Not Connected ⓘ
Ian's Apple Watch	Connected ⓘ
JOBY Shutter	Not Connected ⓘ
Jaybird Vista 2	Not Connected ⓘ


2:57
Back
Music
Edit

6 Albums, 1 Playlist
Updated Just Now

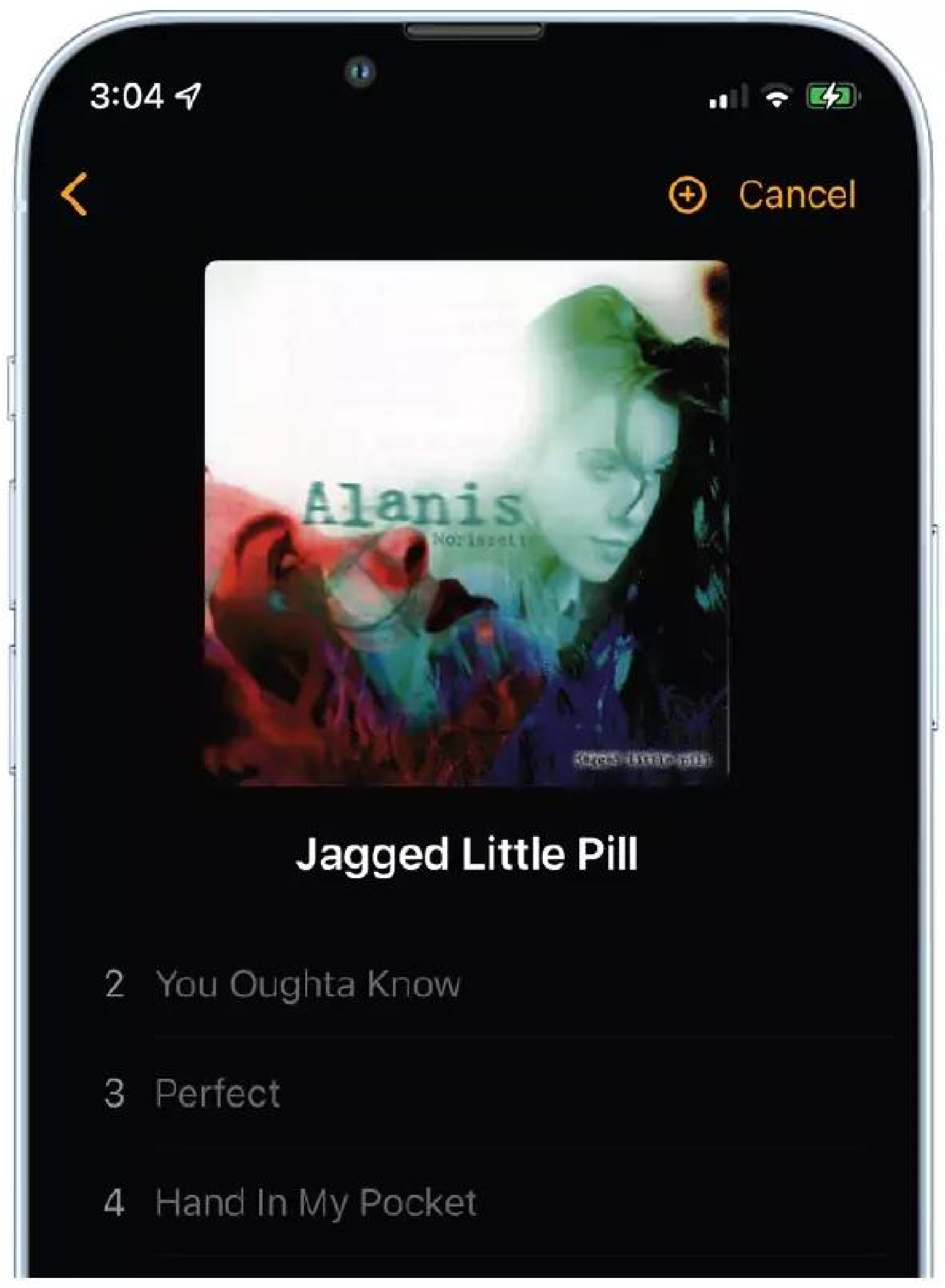
AUTOMATICALLY ADD

Recent Music ●

Automatically add music you've listened to recently. If you haven't listened to anything, recommendations from Apple Music will be added.

PLAYLISTS & ALBUMS

+ Add Music...
Iron Man 2


3:04
Cancel
Alanis

Jagged Little Pill

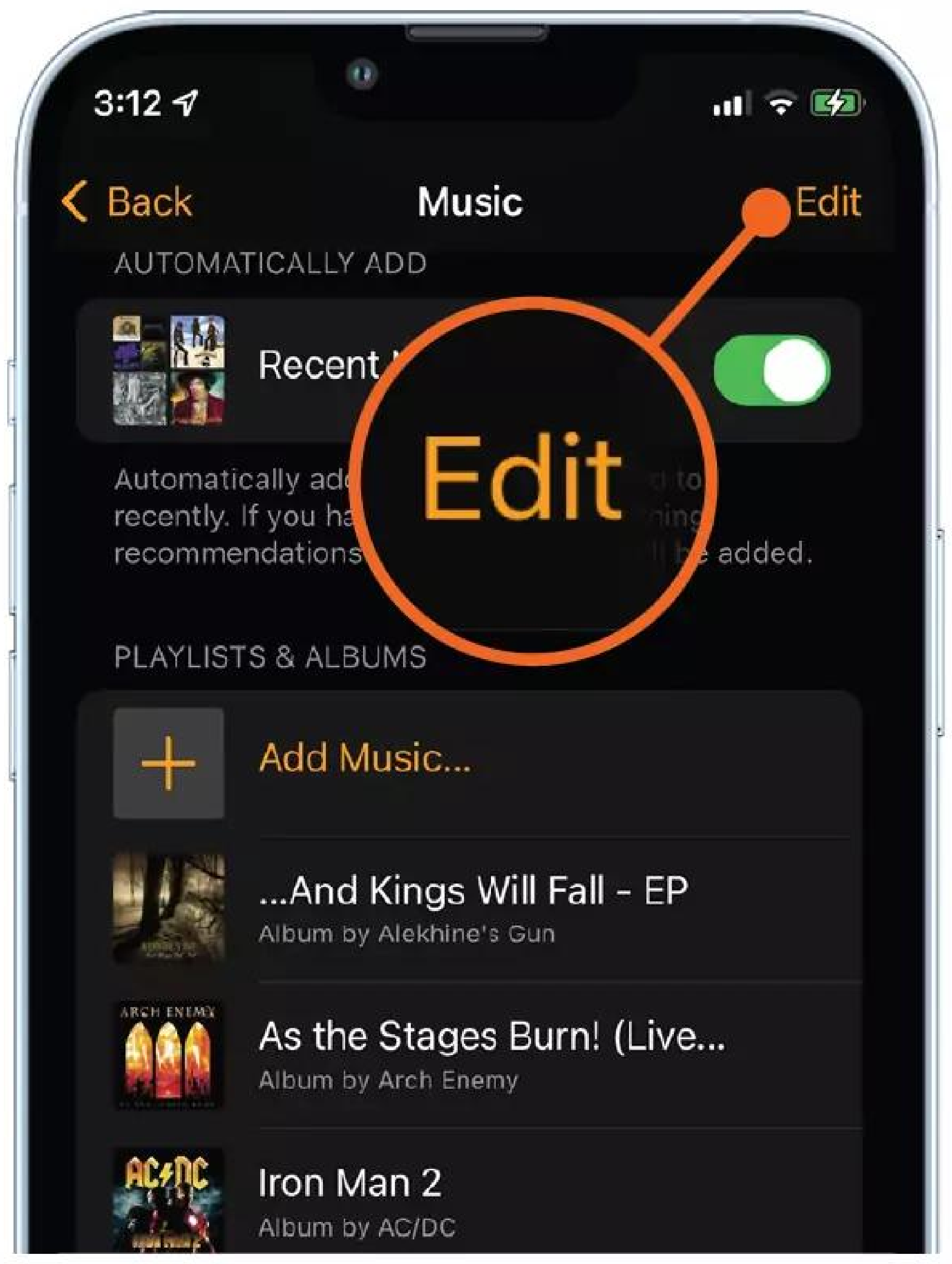
2 You Oughta Know
3 Perfect
4 Hand In My Pocket

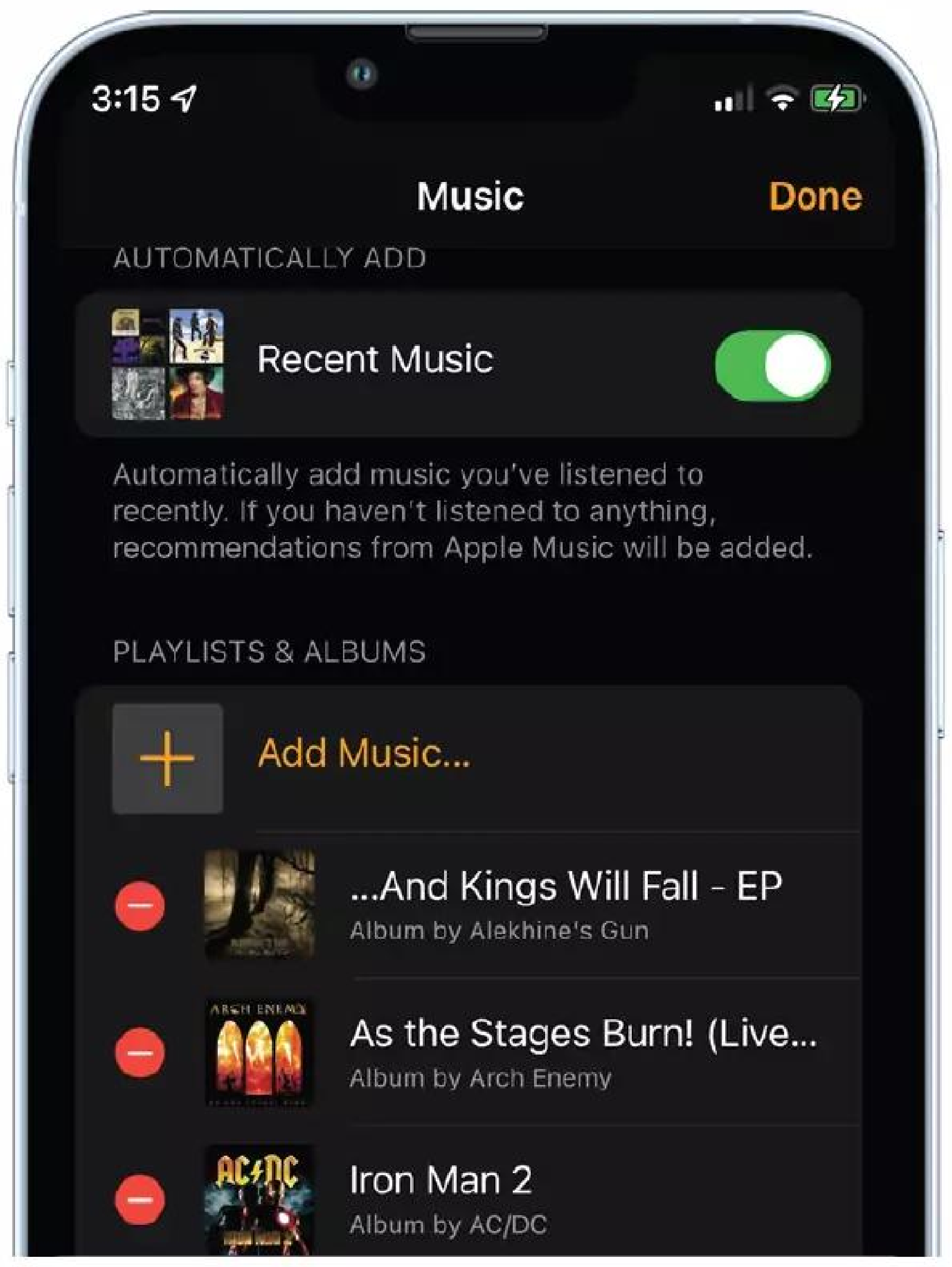
1 Make sure your Apple Watch is on its charger, and your iPhone is within range of, and connected to, the watch. Make sure your iPhone has Bluetooth on; go to Settings > Bluetooth to check.

2 On your iPhone, open the Watch app, and select My Watch in the bottom-left corner of the screen. Look for the Music app in the apps list, and tap it to open the Music options.

3 Tap the plus sign, next to 'Add Music'. Navigate to the music you wish to add to your watch, and tap the album cover. With the album open, tap plus in a circle at the top.

Removing Music from Your Watch


3:12
Back
Music
Edit
AUTOMATICALLY ADD
Recent
Edit
PLAYLISTS & ALBUMS
+ Add Music...
...And Kings Will Fall - EP
Album by Alekhine's Gun
As the Stages Burn! (Live...
Album by Arch Enemy
Iron Man 2
Album by AC/DC


3:15
Music
Done

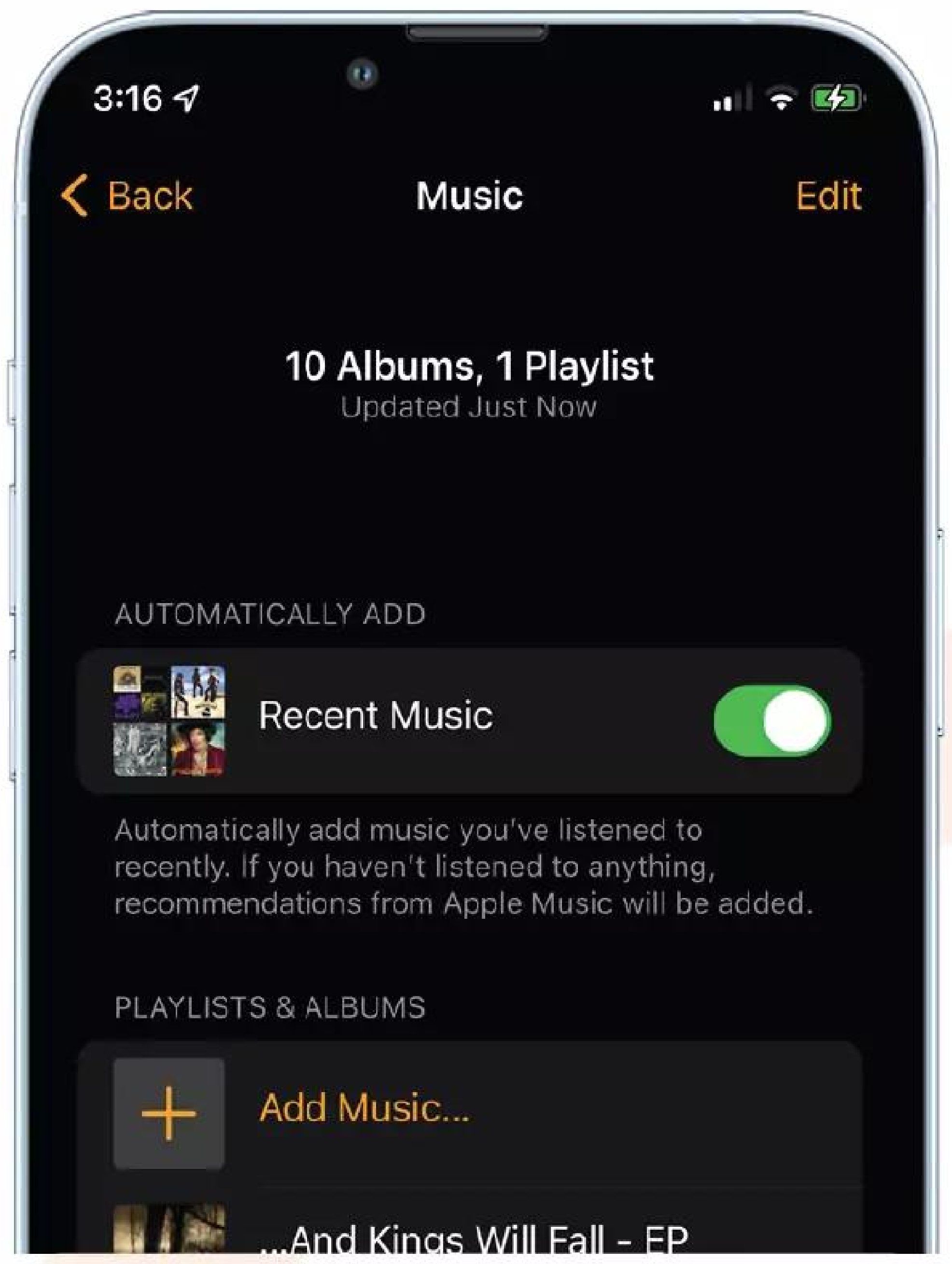
AUTOMATICALLY ADD

Recent Music ●

Automatically add music you've listened to recently. If you haven't listened to anything, recommendations from Apple Music will be added.

PLAYLISTS & ALBUMS

+ Add Music...
...And Kings Will Fall - EP
Album by Alekhine's Gun
As the Stages Burn! (Live...
Album by Arch Enemy
Iron Man 2
Album by AC/DC


3:16
Back
Music
Edit

10 Albums, 1 Playlist
Updated Just Now

AUTOMATICALLY ADD

Recent Music ●

Automatically add music you've listened to recently. If you haven't listened to anything, recommendations from Apple Music will be added.

PLAYLISTS & ALBUMS

+ Add Music...
...And Kings Will Fall - EP

1 To remove music that you've installed on your Apple Watch, again open the Apple Watch app on your iPhone, and go to My Watch > Music. Look for the Edit link (top-right corner).

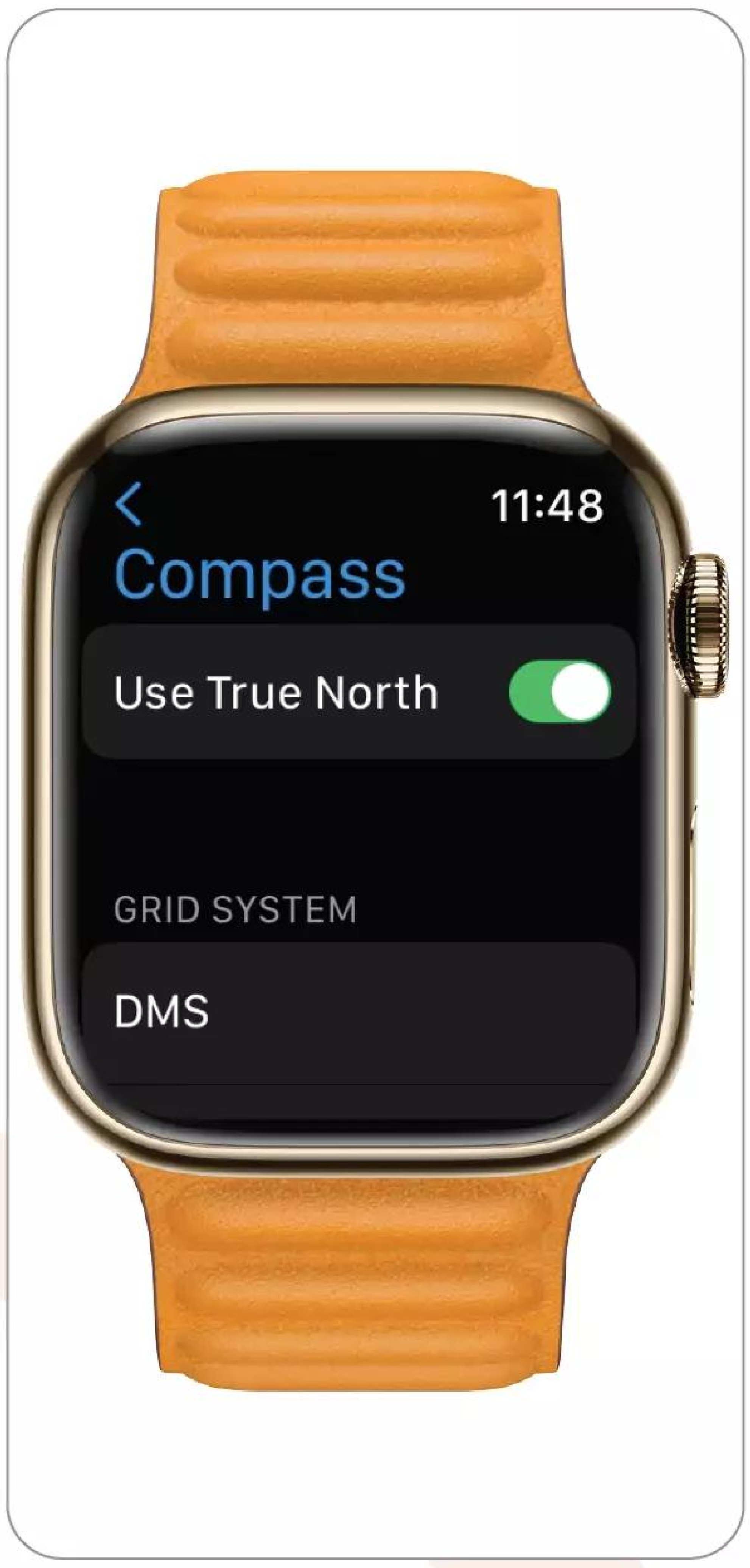
2 If the Edit link isn't there, you don't have any music on your Apple Watch. After tapping Edit, a minus sign appears next to your albums. Tap one to remove it from your watch.

3 At the top of the Music screen is an on-off switch labelled 'Recent Music'. If you switch this on, songs you've recently played on your iPhone are automatically added to your watch.

The Watch Compass App

The Apple Watch has a useful Compass app, but only if you have an Apple Watch Series 5 and later, or Apple Watch SE. It works with or without a Wi-Fi or cellular connection, but if your watch band has magnets in it, like the Milanese Loop or Leather Link, it might interfere with the operation of the compass. It's still worth a try, though.

-33° NE
4:05
N
E
S
W
ELEVATION
INCLINE

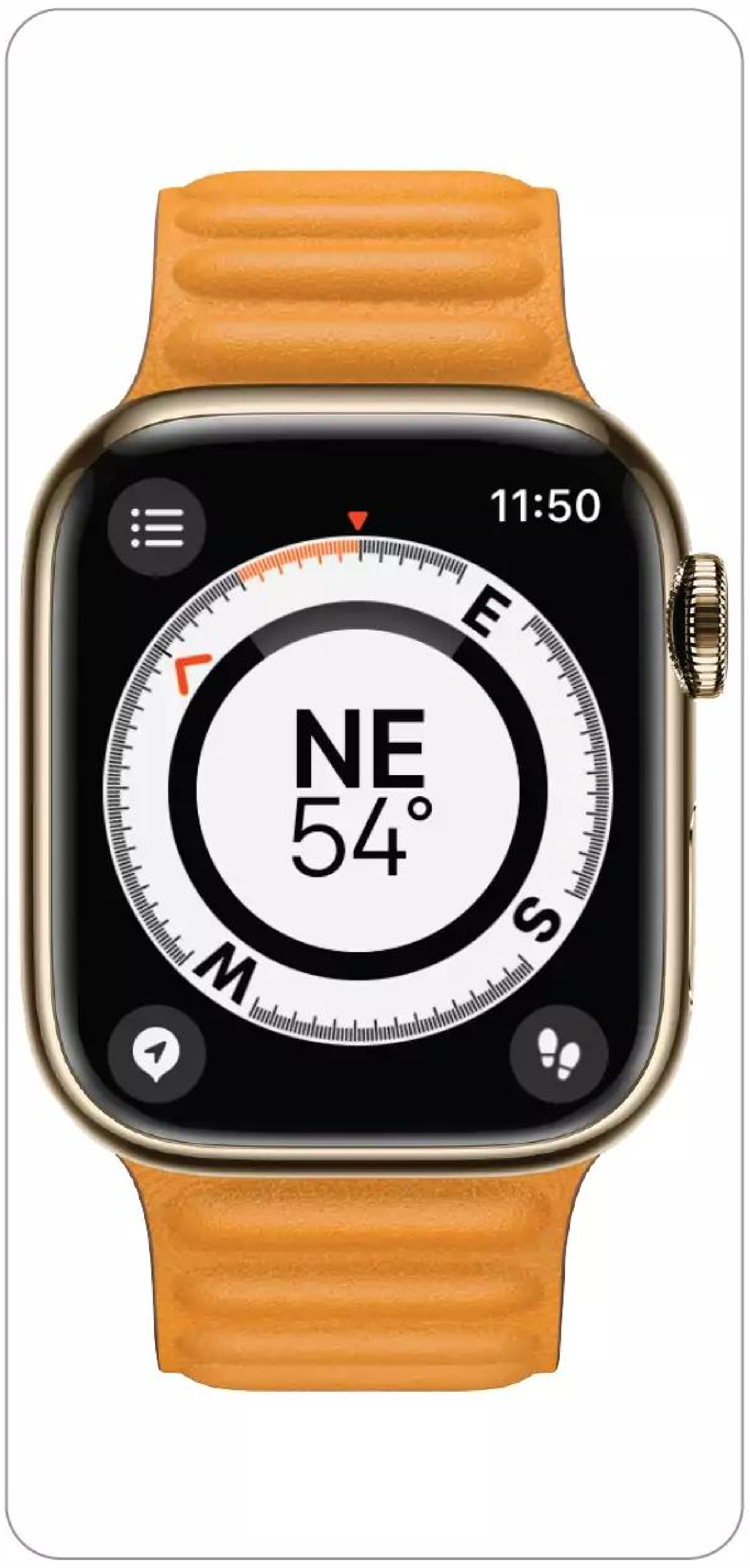

11:48

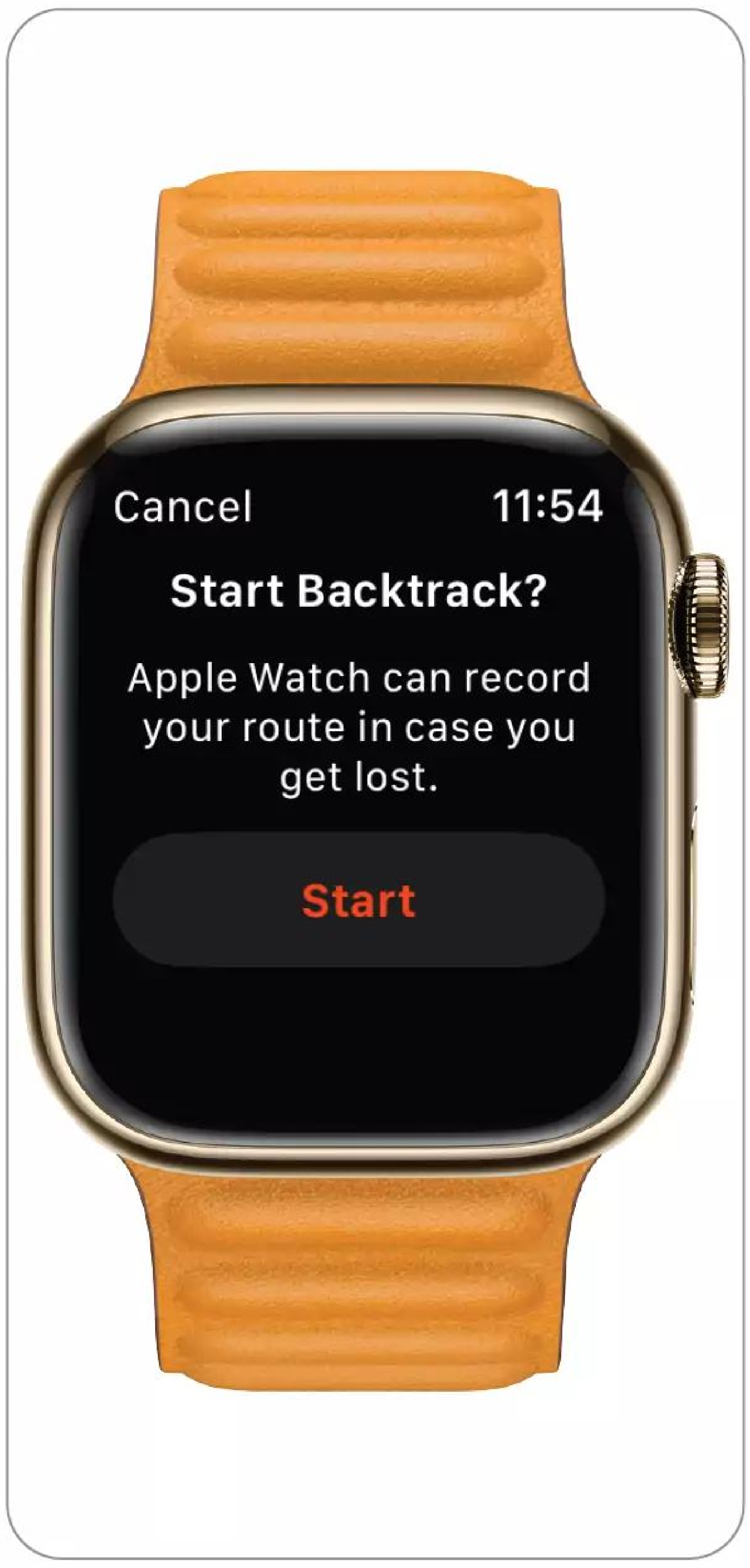
Compass

Use True North ●

GRID SYSTEM

DMS




Cancel 11:54

Start Backtrack?

Apple Watch can record your route in case you get lost.

Start

1 By default, the compass points to magnetic North. If you prefer to use true North, open Settings on your Apple Watch, go to Compass and turn on the option, Use True North.

2 Then open the Compass app. It works like a mechanical compass; keep your wrist flat, and the needle points to true or magnetic North; allowing you to see which way you're facing.

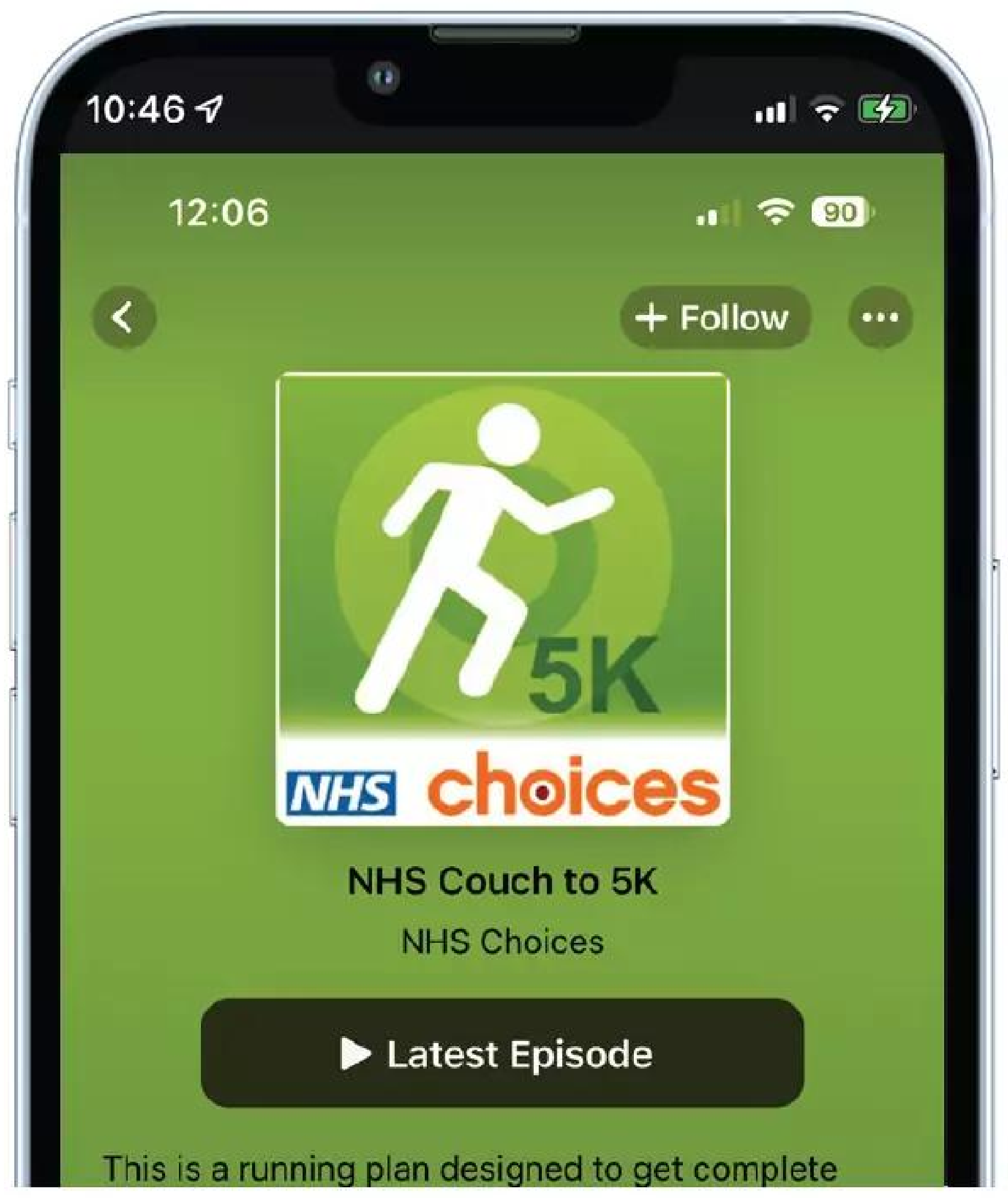
3 On the Compass screen, the top-left icon gives information such as latitude and longitude. The bottom-left icon lets you mark your current location, and the bottom-right icon is used for backtracking.

Podcasts and Audiobooks

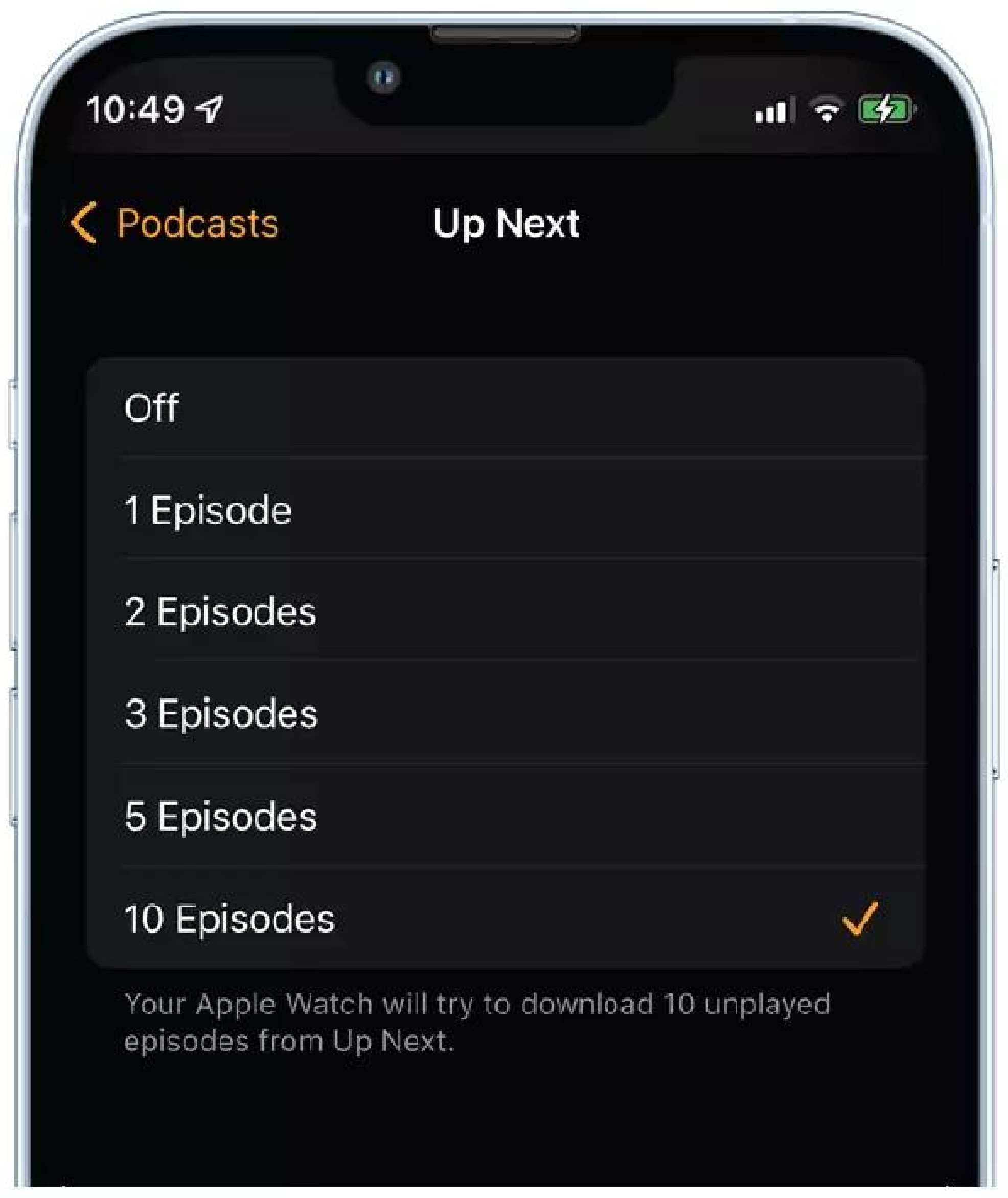
Audio entertainment on your Apple Watch isn't just about the Music app. You can also enjoy your Audiobooks and Podcasts right from your wrist, using earbuds or headphones you've connected to your watch using Bluetooth; without having your iPhone nearby. Ideal if you want to catch up without depleting your iPhone's battery.

Listening to Podcasts

Podcasts are audio shows you can download and listen to on your Apple gear. Subscribe to your favourite podcasts and enjoy them on the move using your Apple Watch and earbuds.


10:46
12:06
+ Follow
5K
NHS choices
NHS Couch to 5K
NHS Choices
▶ Latest Episode
This is a running plan designed to get complete

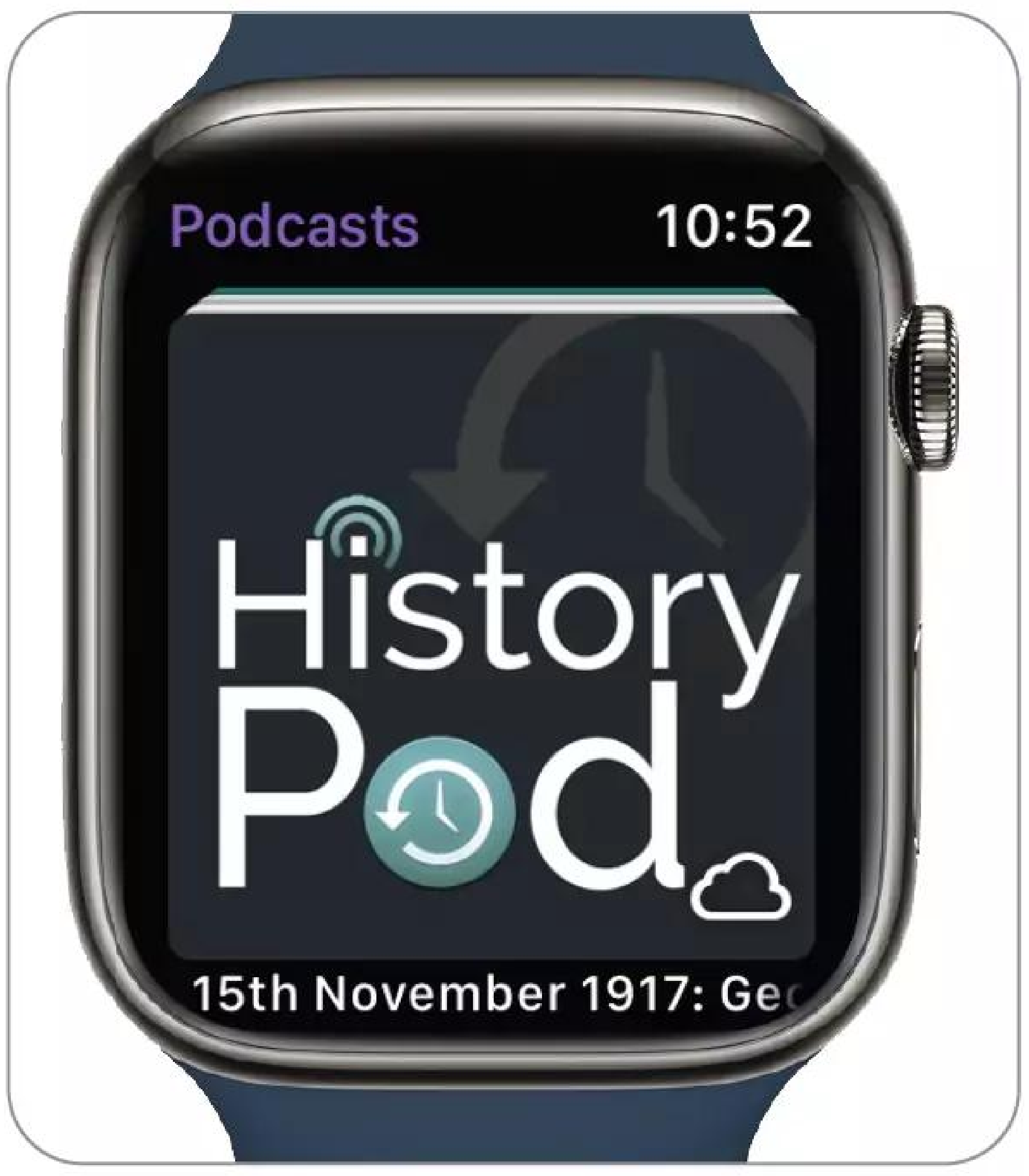
1 If you don't already subscribe to any podcasts, open the Podcasts app on your iPhone, go to the Browse section and take a look for subjects that interest you. When you find one you like, subscribe to it by tapping the Follow icon found at the top.


10:49
< Podcasts
Up Next

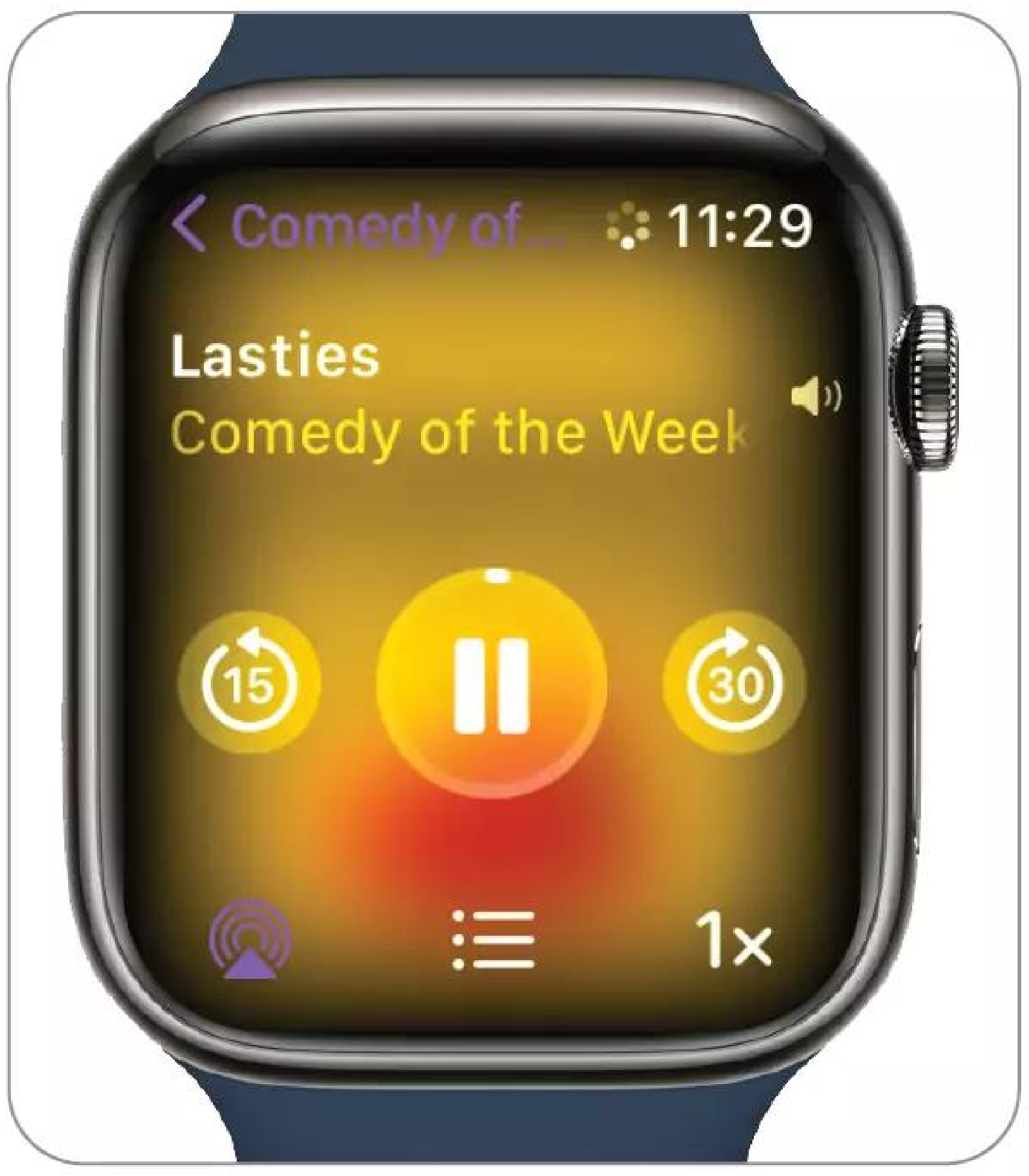
Off
1 Episode
2 Episodes
3 Episodes
5 Episodes
10 Episodes ✓

Your Apple Watch will try to download 10 unplayed episodes from Up Next.

2 When you subscribe to a podcast, it syncs to your Apple Watch while the watch is charging. Open the iPhone's Watch app, and go to My Watch > Podcasts. Tap Up Next, and you can choose how many – or none at all – new podcasts you store on your Apple watch.


Podcasts
10:52
History Pod
15th November 1917: Ge

3 In the Podcasts app on your Apple Watch, scroll through the podcasts you have on your watch using the Digital Crown, or by swiping the screen up and down. Shows with a cloud icon aren't downloaded. Tap the cloud to download them to your watch.

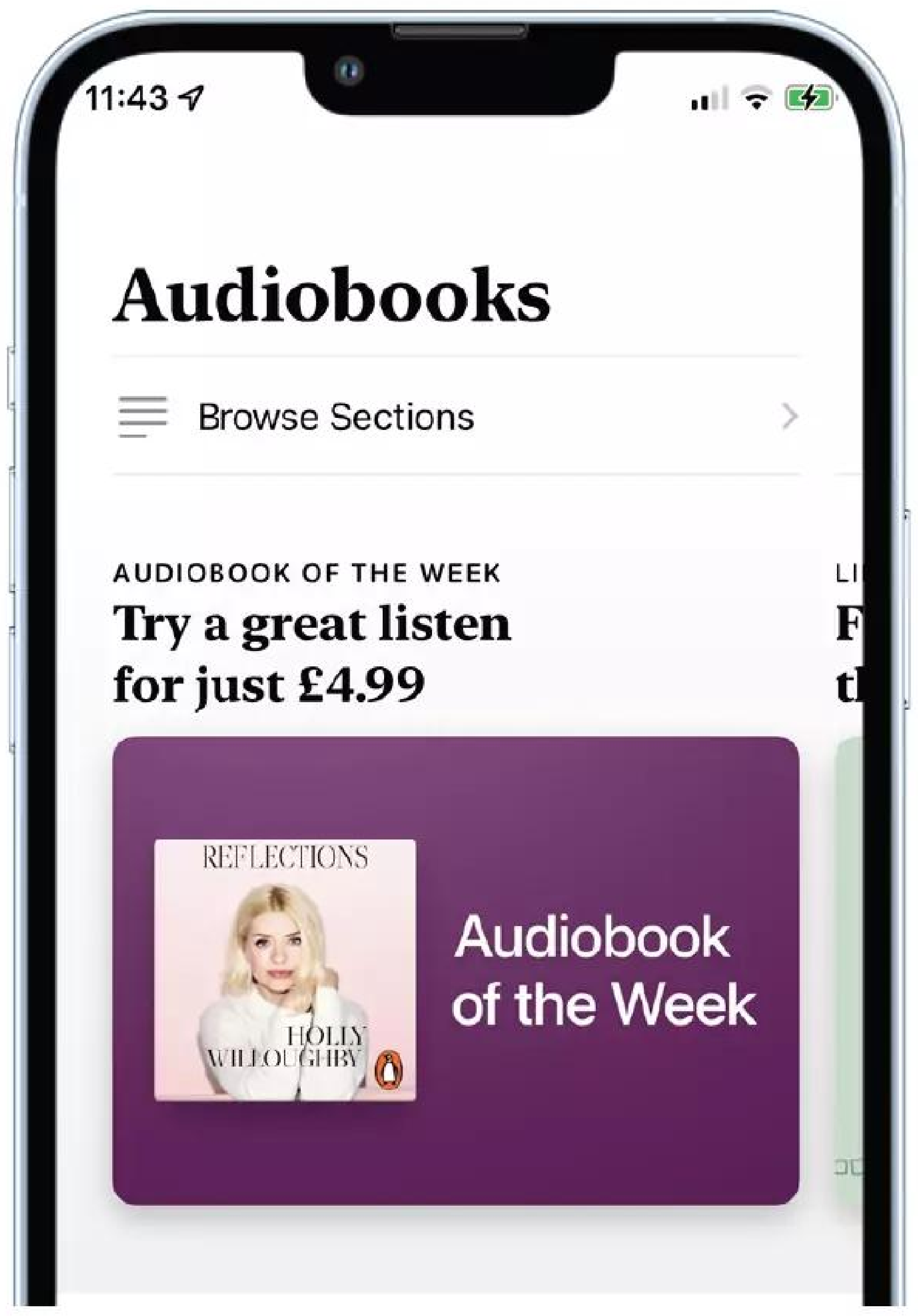

< Comedy of...
11:29
Lasties
Comedy of the Week
15
30
1×

4 Tap an episode to listen to it through your Apple Watch. If it isn't downloaded, and your iPhone is nearby, the show is streamed from your iPhone. If the podcast is stored on your watch, when you've listened to it, it will be deleted in order to make room for the next one.

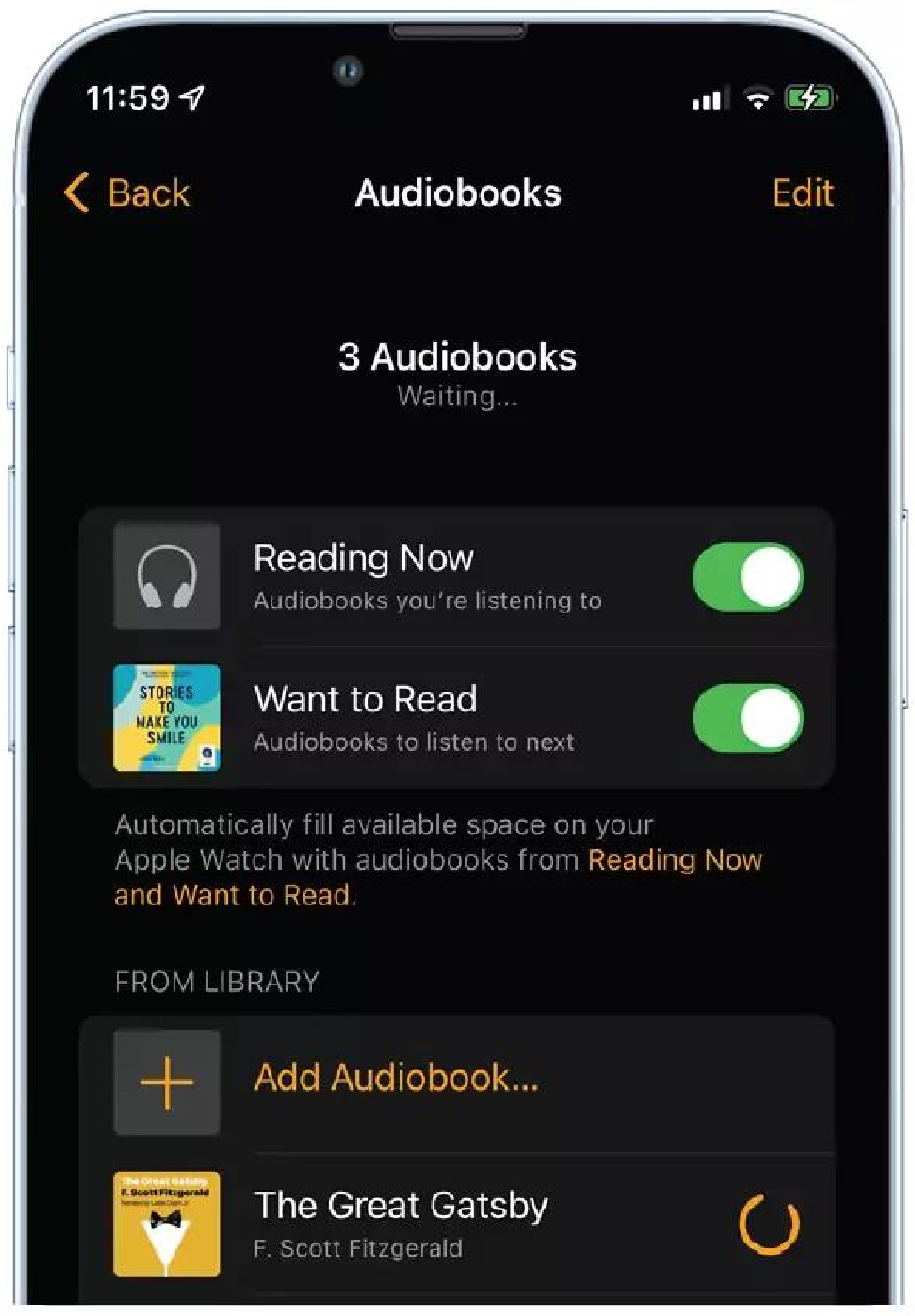
Listening to Audiobooks

You can buy audiobooks on your iPhone, iPad or Mac, and enjoy them on your Apple Watch. Ideal if you don't want to take your iPhone to the gym. Here's how to get the most from audiobooks on your Apple smartwatch.

The Time Mac... 12:24
Opening Credits
H.G. Wells–The Time
15
15
1x

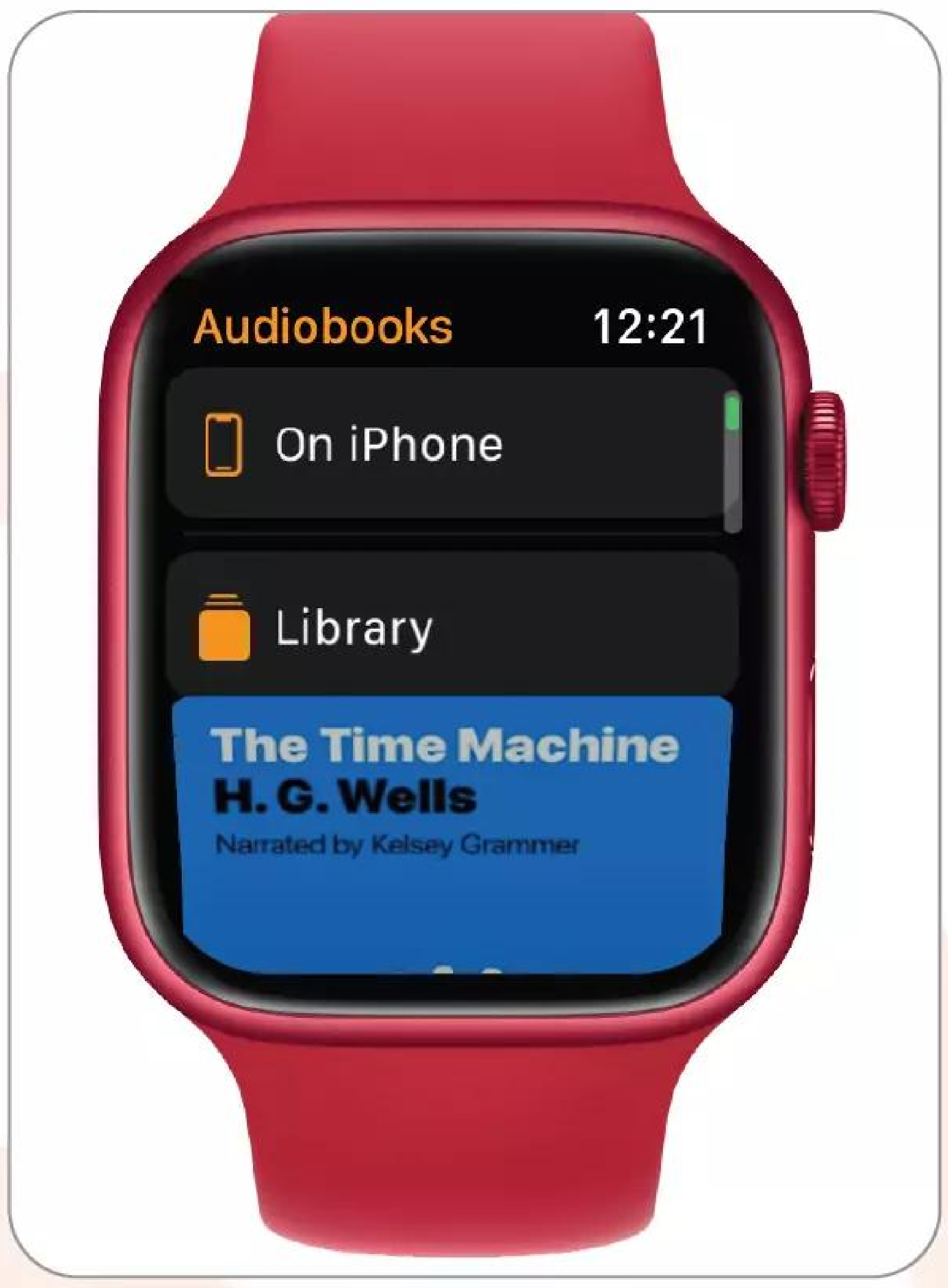

11:43
Audiobooks
Browse Sections
AUDIOBOOK OF THE WEEK
Try a great listen for just £4.99
REFLECTIONS
HOLLY WILLOUGHBY
Audiobook of the Week

1 You can buy audiobooks on your iPhone by opening the Books app, and tapping the Audiobooks icon at the foot of the screen. Navigate to a book you would like to listen to, and buy it, or simply get it if it's a free book; there are quite a few free ones.

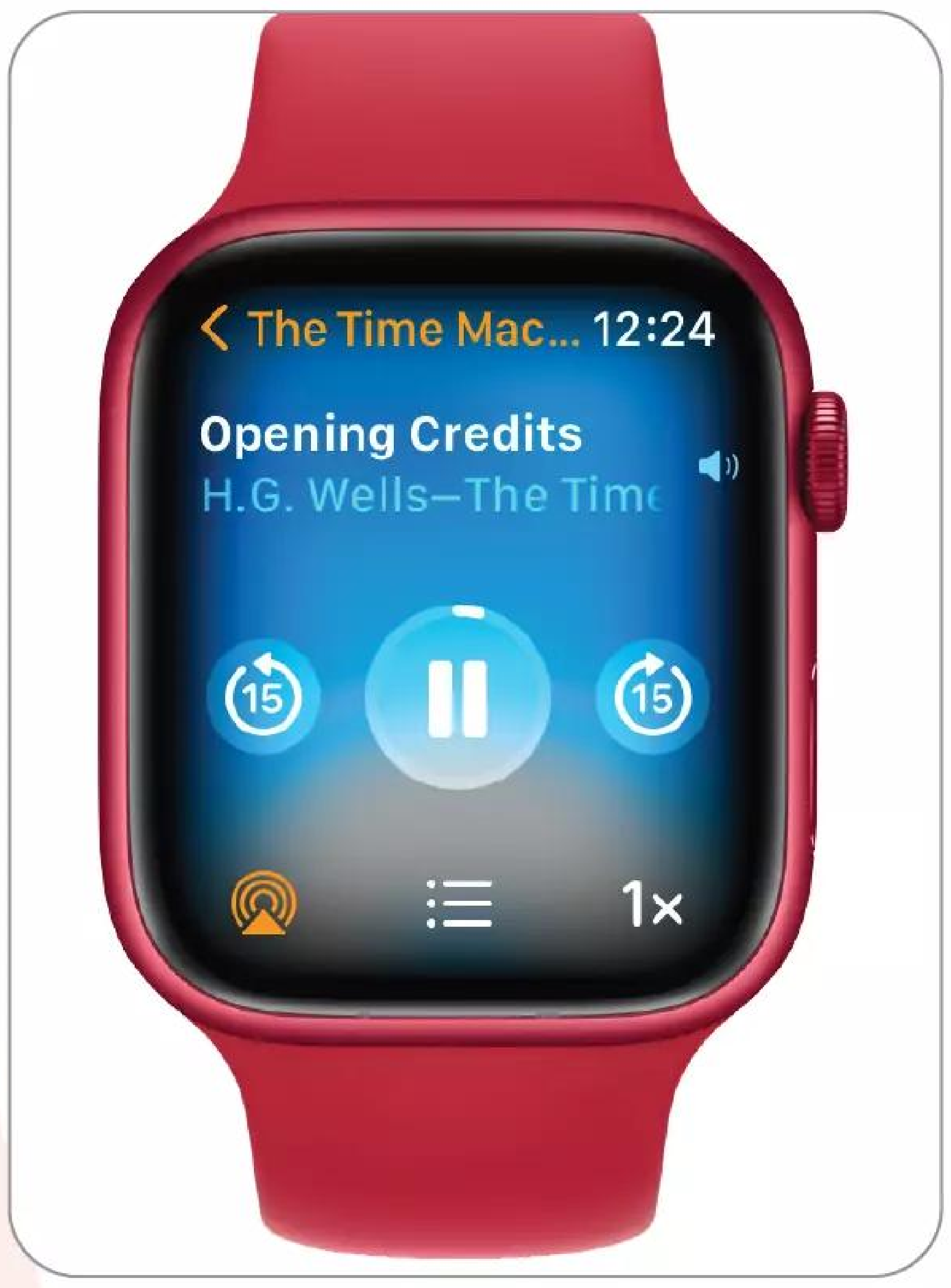

11:59
Back
Audiobooks
Edit
3 Audiobooks
Waiting...
Reading Now
Audiobooks you're listening to
Want to Read
Audiobooks to listen to next
FROM LIBRARY
Add Audiobook...
The Great Gatsby
F. Scott Fitzgerald

Automatically fill available space on your Apple Watch with audiobooks from Reading Now and Want to Read.

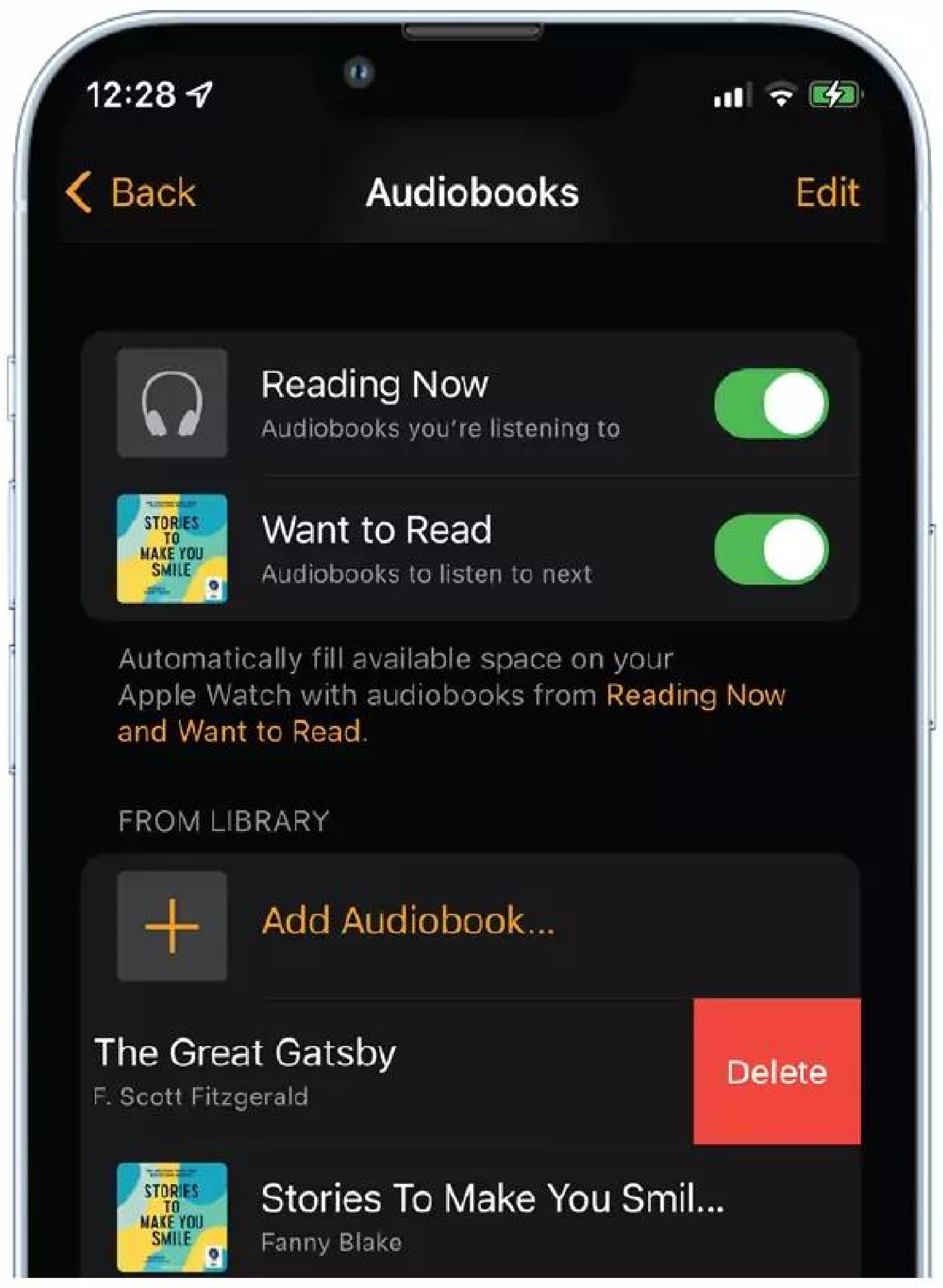
2 By default, two audiobooks from your Reading Now or Want to Read collections sync with your watch while it's on its Apple Watch charger. You can open the iPhone's Watch app and in My Watch > Audiobooks, download books manually too.


Audiobooks 12:21
On iPhone
Library
The Time Machine
H. G. Wells
Narrated by Kelsey Grammer

3 On the Apple Watch's Audiobooks app, scroll up and down through your collection with the Digital Crown or by swiping up and down the screen. Scroll all the way to the top to switch between looking at audiobooks on your iPhone or on your watch.


The Time Mac... 12:24
Opening Credits
H.G. Wells–The Time
15
15
1x

4 Tap a book to listen to it through an audio device connected to your Apple Watch through Bluetooth. This can be a book streamed from your iPhone or stored on your Apple Watch. The usual controls are there; play, pause, skip 15 seconds and more.


12:28
Back
Audiobooks
Edit
Reading Now
Audiobooks you're listening to
Want to Read
Audiobooks to listen to next
FROM LIBRARY
Add Audiobook...
The Great Gatsby
F. Scott Fitzgerald
Delete
Stories To Make You Smil...
Fanny Blake

Automatically fill available space on your Apple Watch with audiobooks from Reading Now and Want to Read.

5 If you dislike an audiobook that's on your Apple Watch and you want to delete it without finishing the book, in the iPhone's Apple Watch app, go to My Watch > Audiobooks. The books on your watch are listed; swipe it left, and tap the Delete link to remove it.

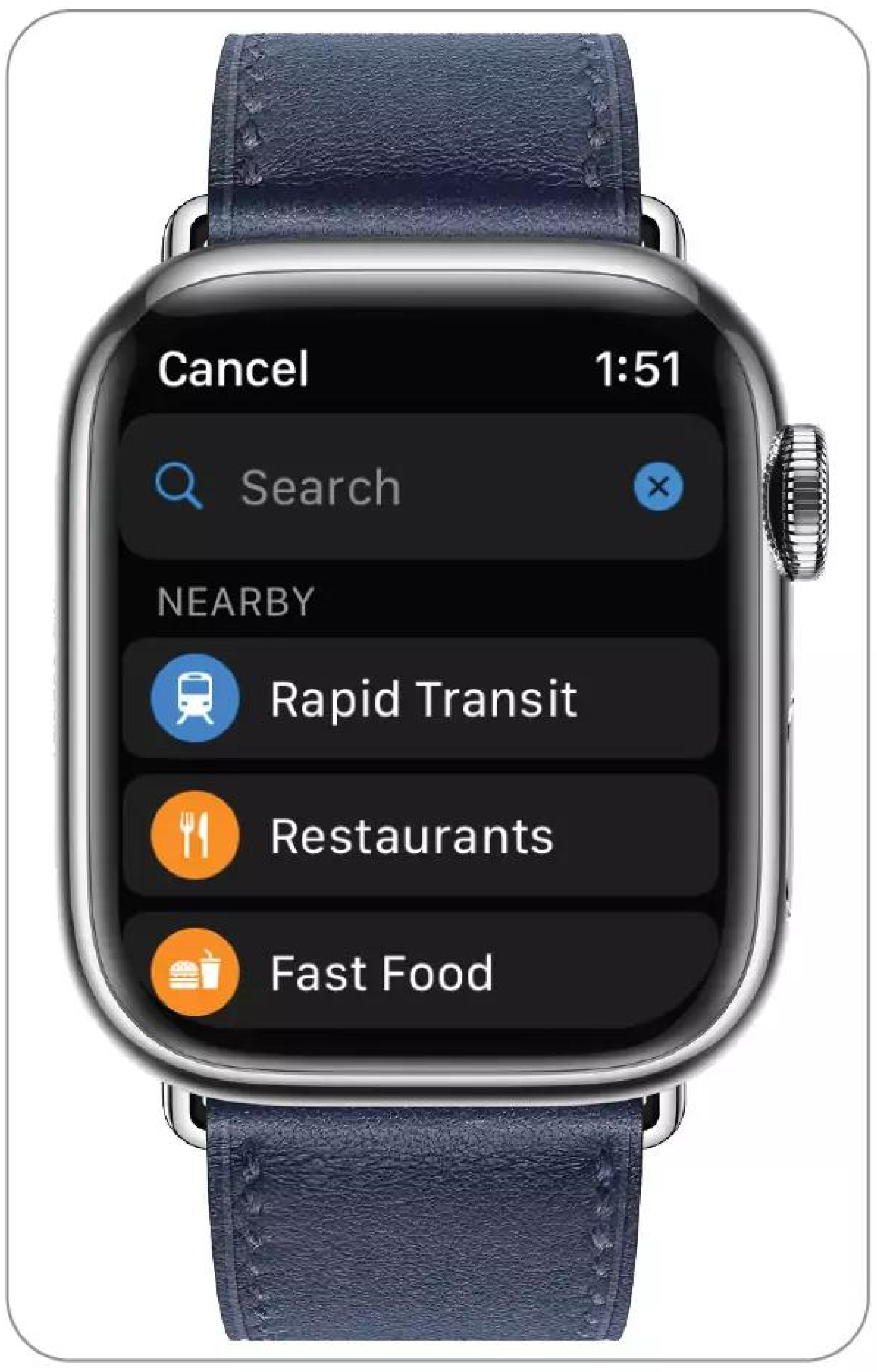
Find Your Way with Maps

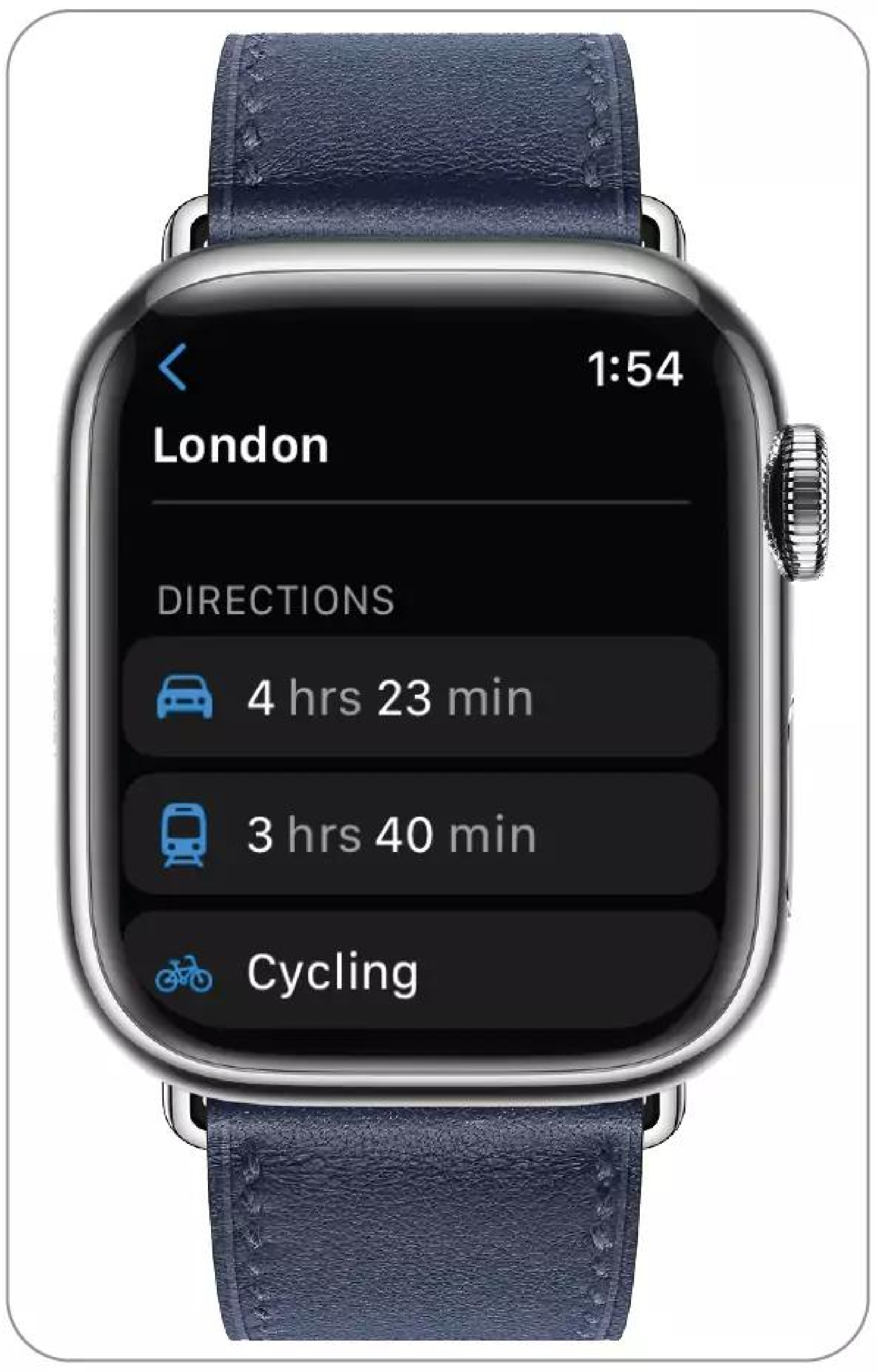
Why wander the streets staring at your phone like a tourist when you can get directions beamed right to your wrist? Maps on Apple Watch is a great companion for the iPhone's Maps app, and it's also very competent when used on its own. It's packed with some interesting features too, such as location recording, finding local services and access to contact numbers.

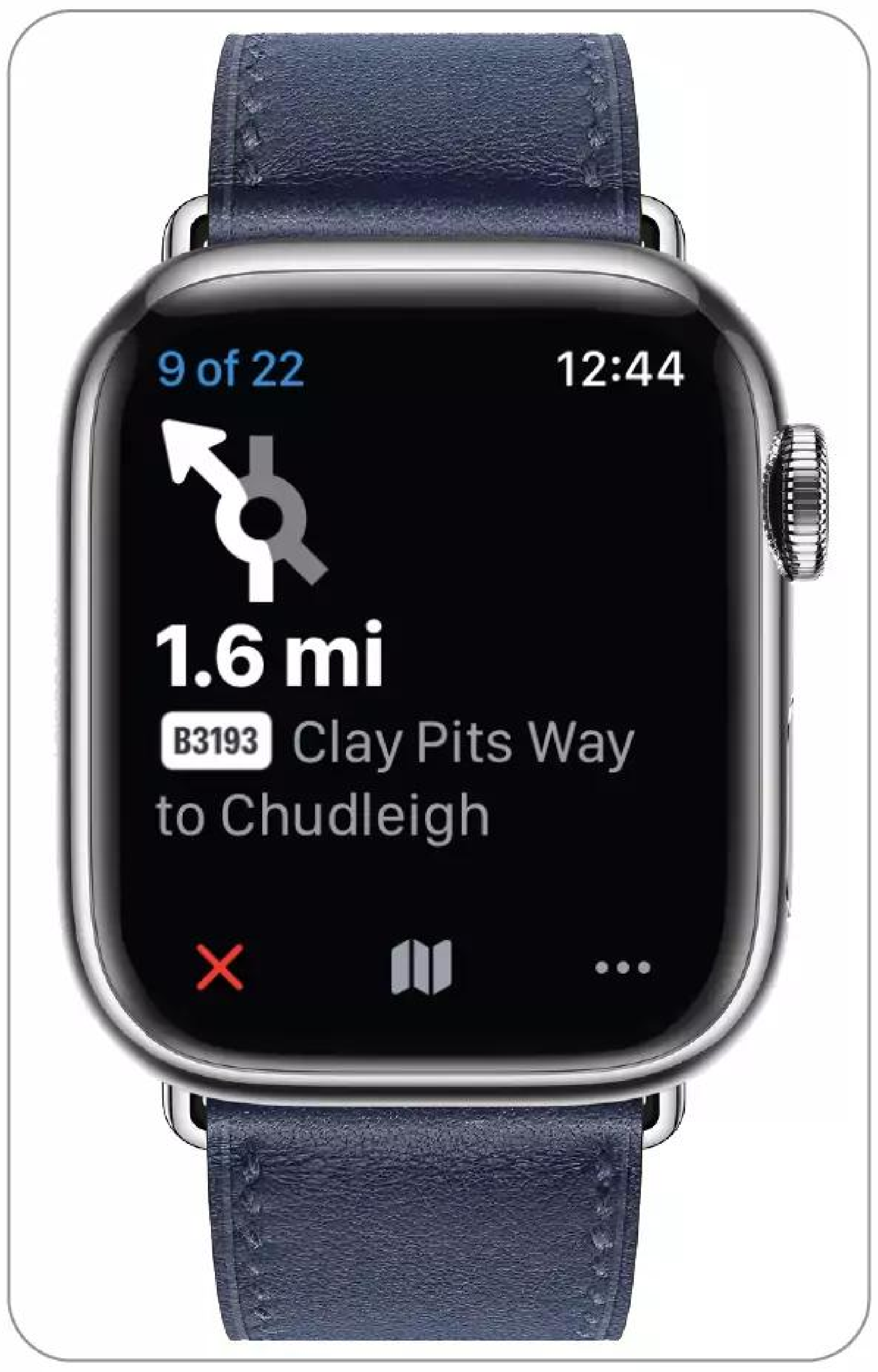
Toby Carvery
Sainsbury's Petrol Station
Sainsbury

Searching Maps

You can use the Maps app on your Apple Watch to find nearby – and far away – locations. If you need directions when you're driving, or simply need to find a certain street in your home town, Maps is for you.


Cancel
1:51
Search
NEARBY
Rapid Transit
Restaurants
Fast Food


1:54
London
DIRECTIONS
4 hrs 23 min
3 hrs 40 min
Cycling


9 of 22
12:44
1.6 mi
B3193 Clay Pits Way
to Chudleigh

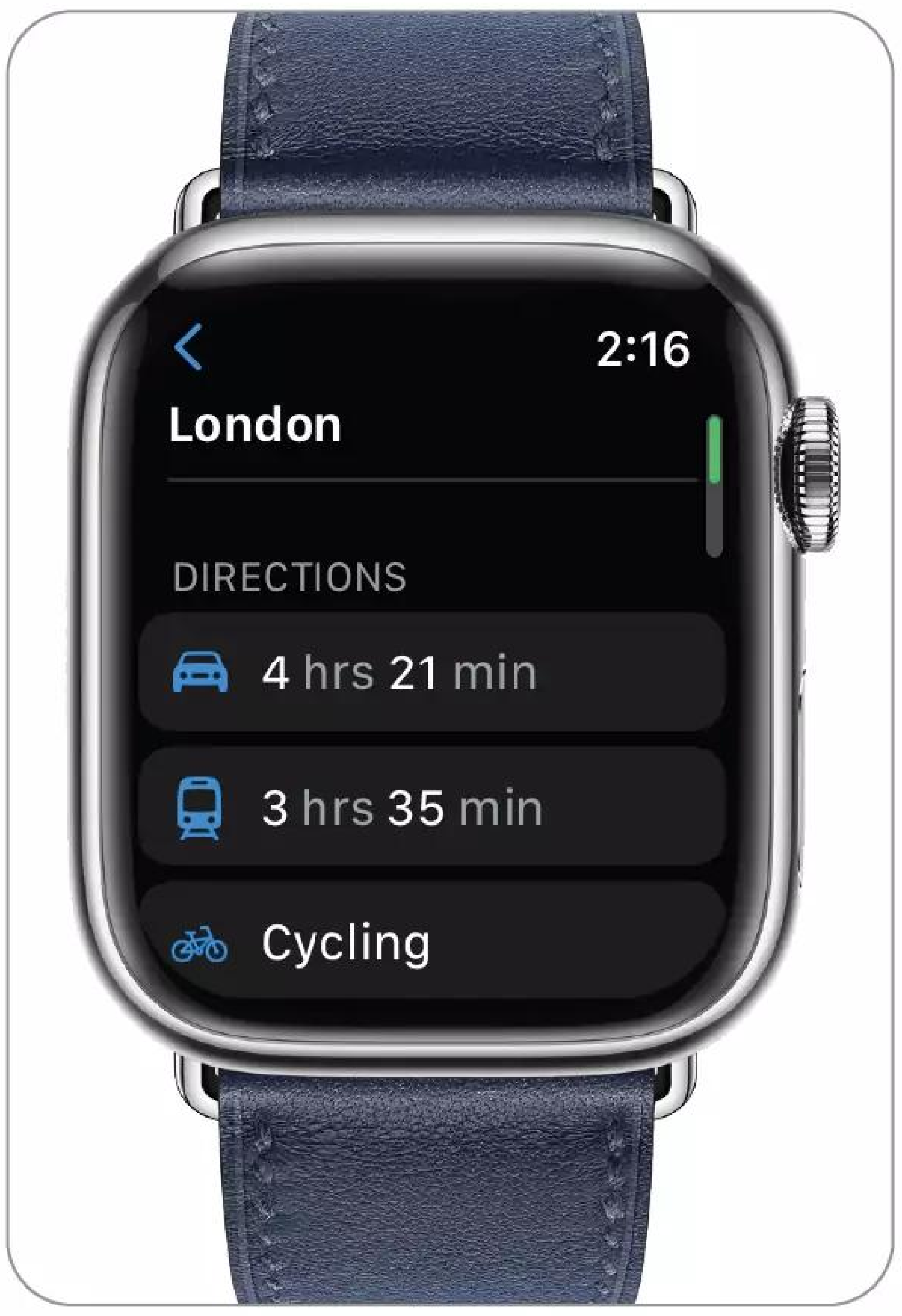
1 Open the Maps app on your Apple Watch. On the opening screen, there are two key options; Search and Location. Tap the three-lines icon on the Search button for a list of 'standard' searches; for things nearby. Tap an option to make that search.

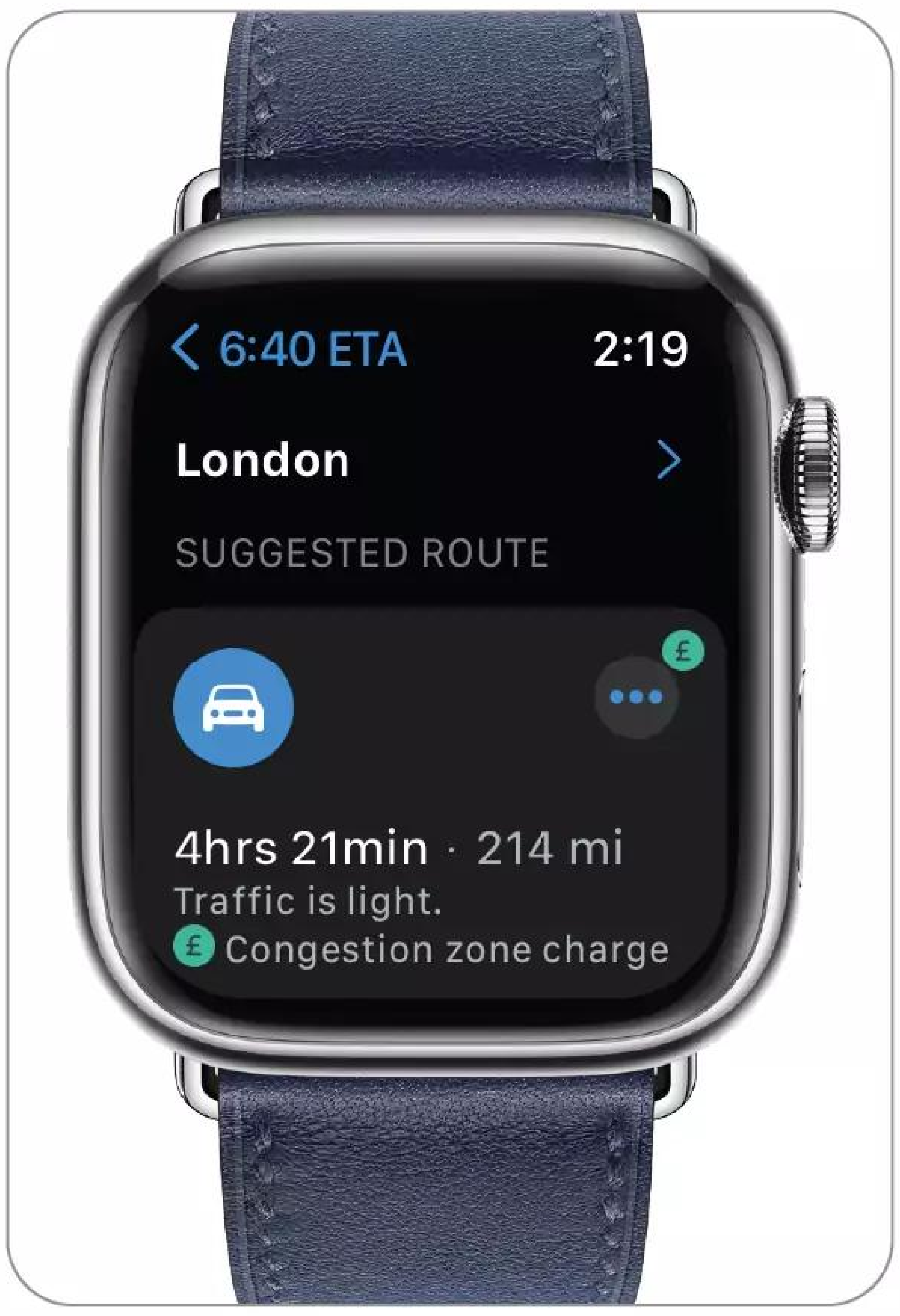
2 Tap the Search button, or scroll to the top of the standard searches from Step 1. Then tap the Search field and you can enter a city, location or other map feature, and then tap Search to find it. The Maps app works out how long it will take to get there.

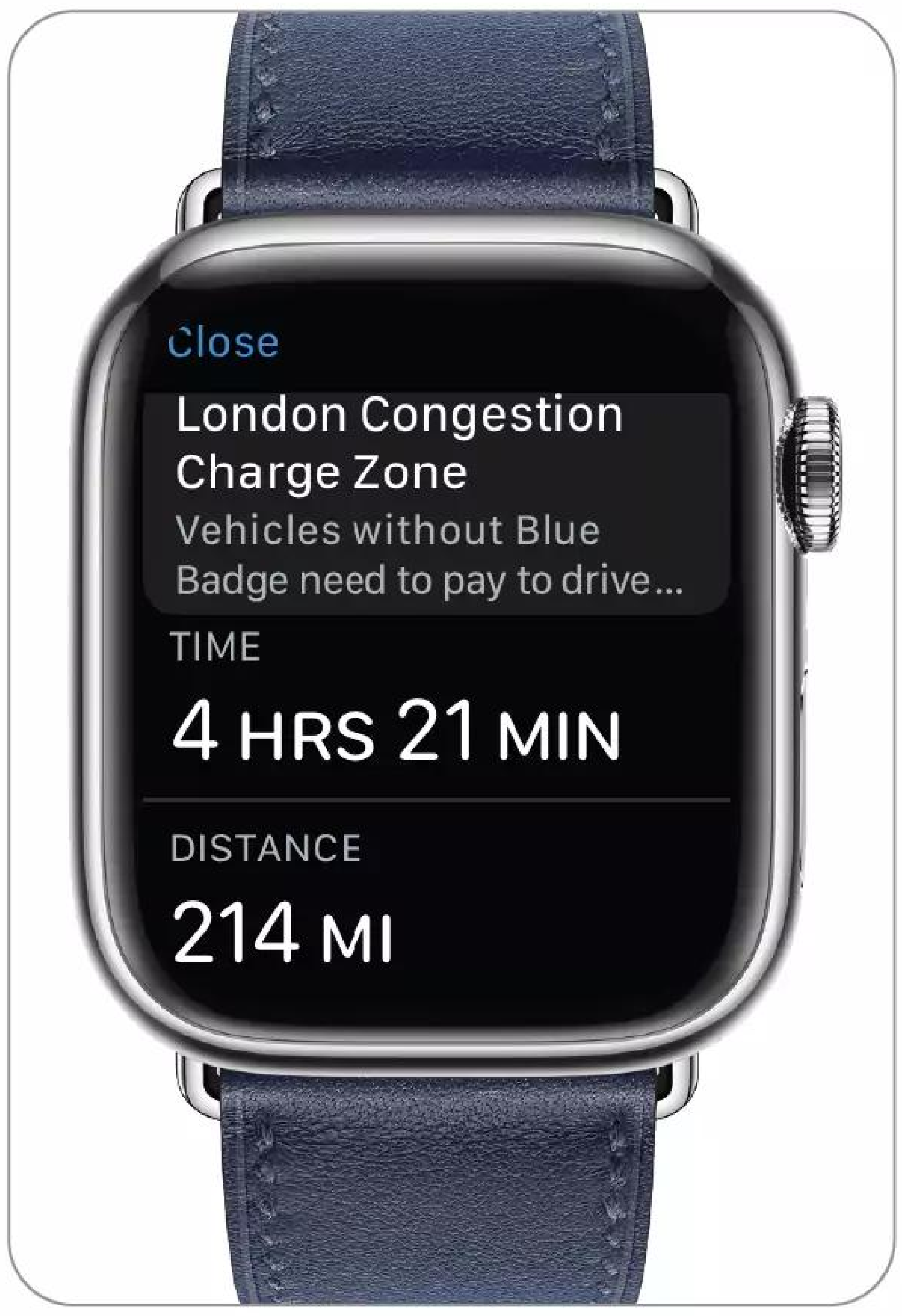
3 Choose a method of travel then tap one of the directions buttons to give you directions to your destination by car, public transport, cycling or walking. Cycling isn't offered everywhere at the moment, and walking is omitted if the journey is too far.

Using Directions

When you've found the location you wish to go to, you can get directions on your Apple Watch. Follow its instructions step-by-step, and listen for commands to take the next turn. It's really easy!


2:16
London
DIRECTIONS
4 hrs 21 min
3 hrs 35 min
Cycling

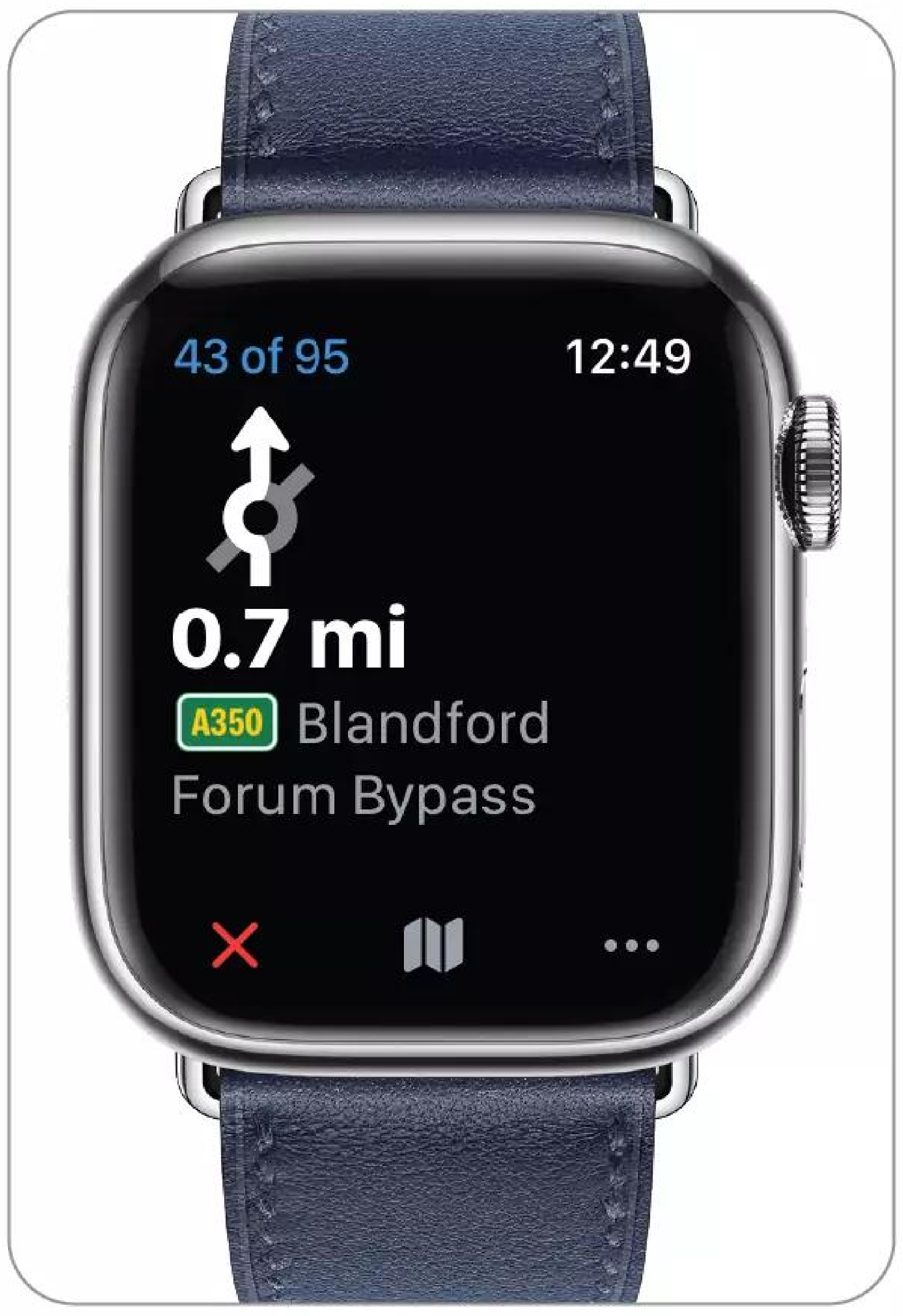

6:40 ETA
2:19
London
SUGGESTED ROUTE
4hrs 21min · 214 mi
Traffic is light.
Congestion zone charge

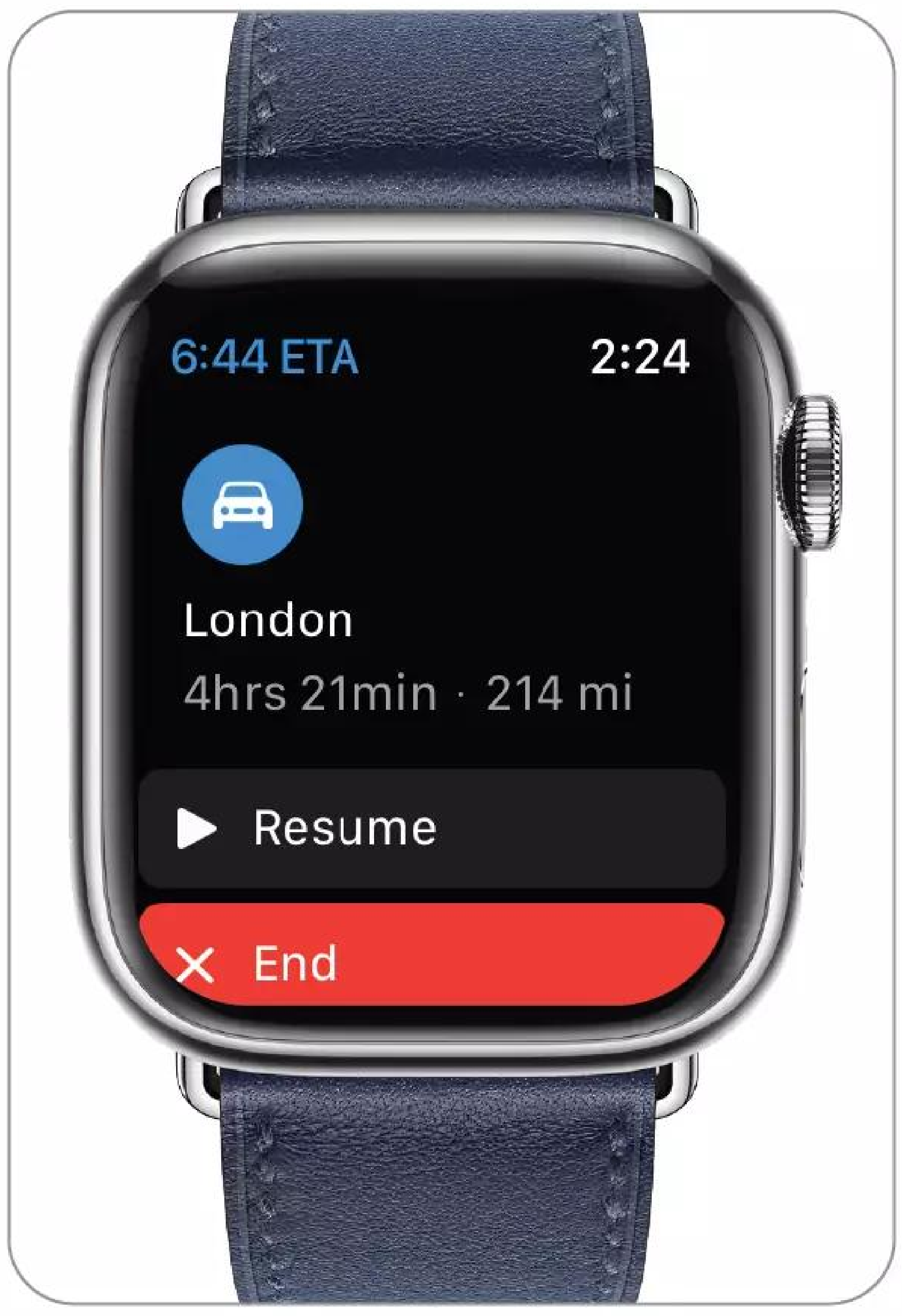

Close
London Congestion Charge Zone
Vehicles without Blue Badge need to pay to drive...
TIME
4 HRS 21 MIN
DISTANCE
214 MI

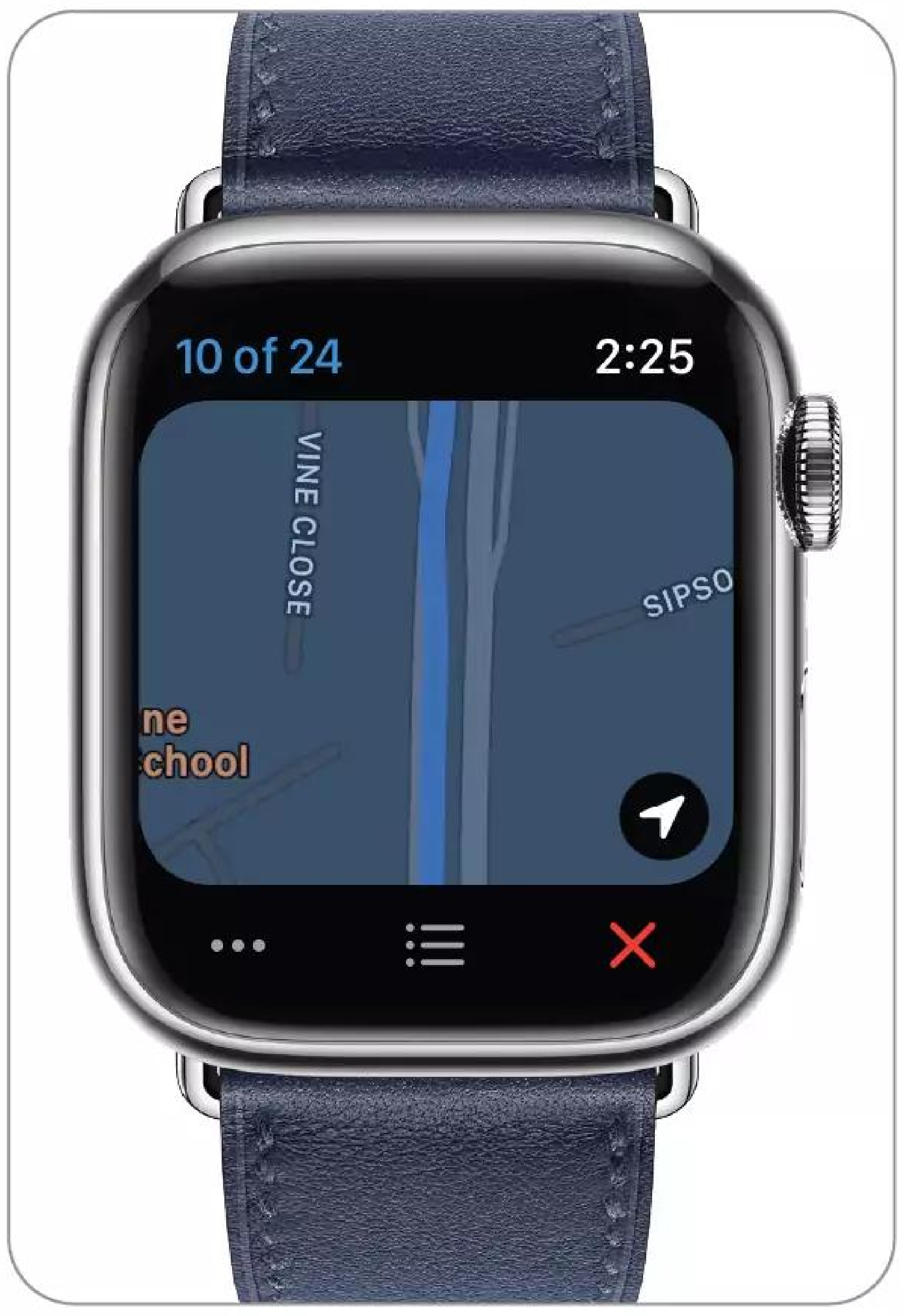
1 Having searched for, and found, your destination, tap the mode of transport button relating to the way you're making your journey. Here, we're going to get there by driving.

2 You're shown a list of routes. First is the route the Maps app suggests you take, followed by alternative routes. The ETA at the top is the Estimated Time of Arrival for your route.

3 A currency sign on the three-dots icon next to a route means there are tolls or charges to pay. Tap the three-dots icon for more information, such as charges, distance and more.


43 of 95
12:49
0.7 mi
A350 Blandford Forum Bypass


6:44 ETA
2:24
London
4hrs 21min · 214 mi
Resume
End


10 of 24
2:25
VINE CLOSE
SIPSO
ne
chool

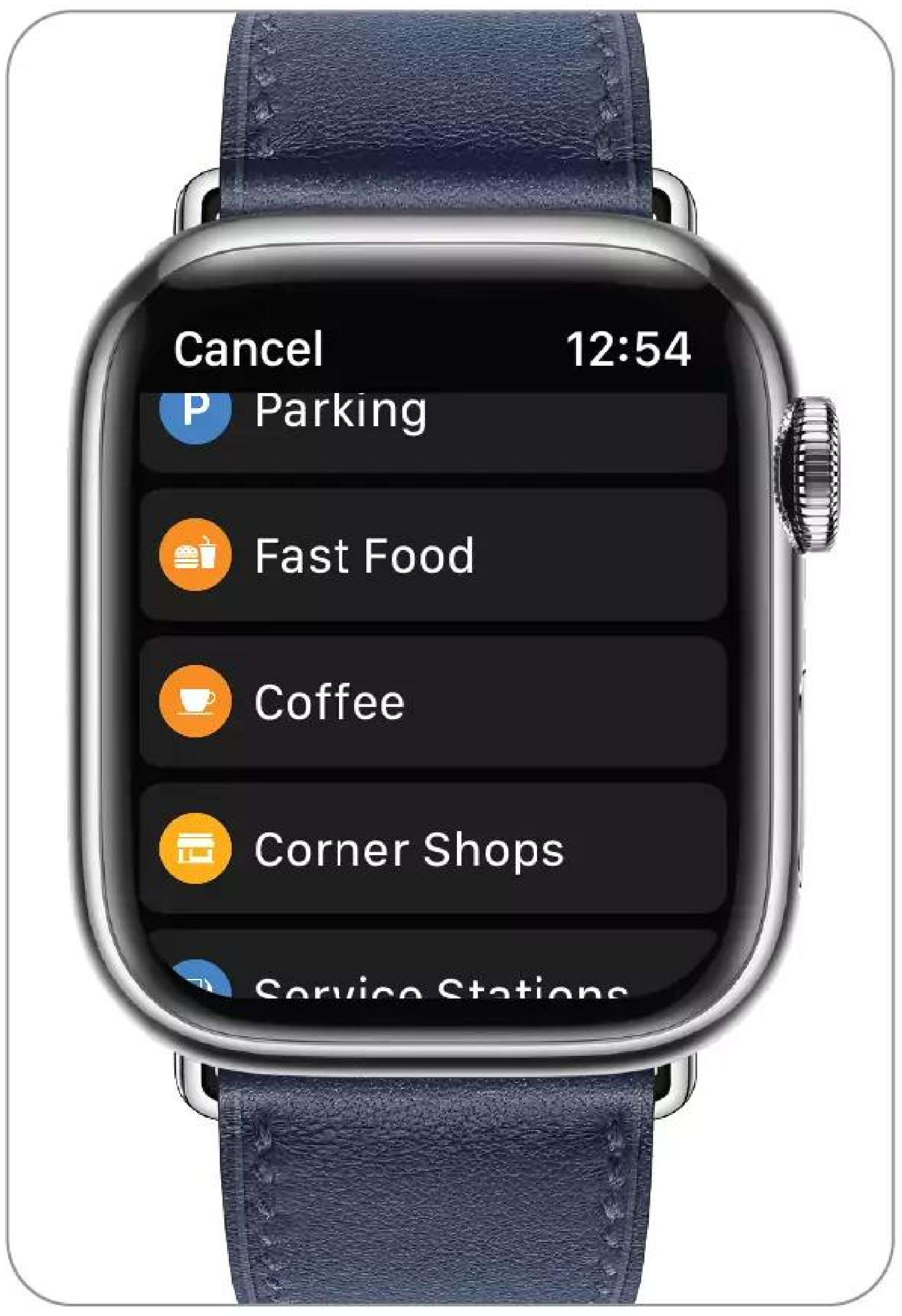
4 When you're ready, tap the route you wish to use. You're shown step by step instructions, which are also read out to you. Your ETA is updated in real time, so you know when you'll arrive.

5 To stop the directions, tap the red X icon in the bottom-left corner, then tap the End button. Tap the three-dots icon to pause the directions. From this screen, you can then Resume or End the journey.

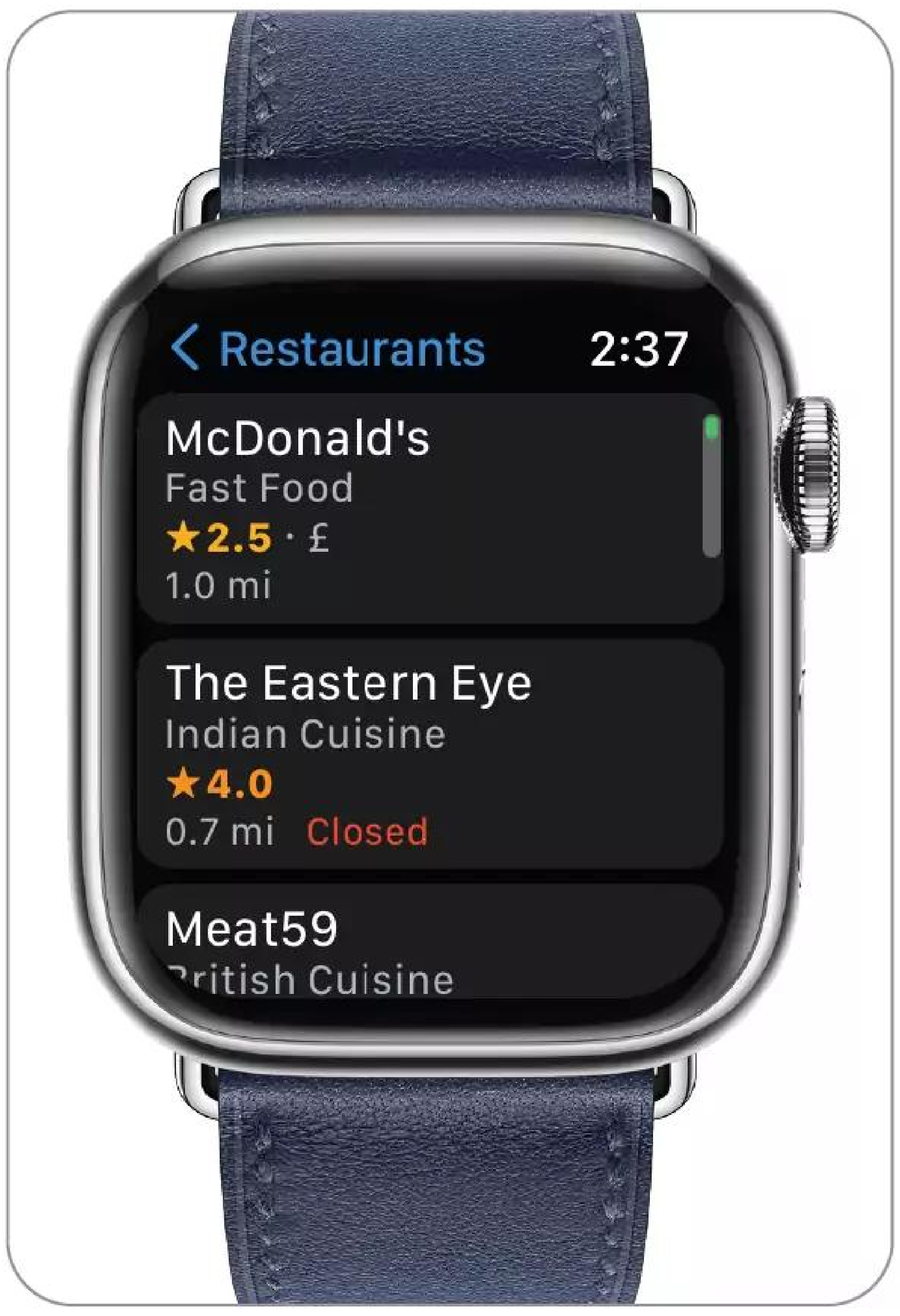
6 The folding map icon in the bottom-centre of the screen gives you the map for the current part of your journey, not just the direction. Tap the three-lines icon to go back to using directions.

Local Amenities

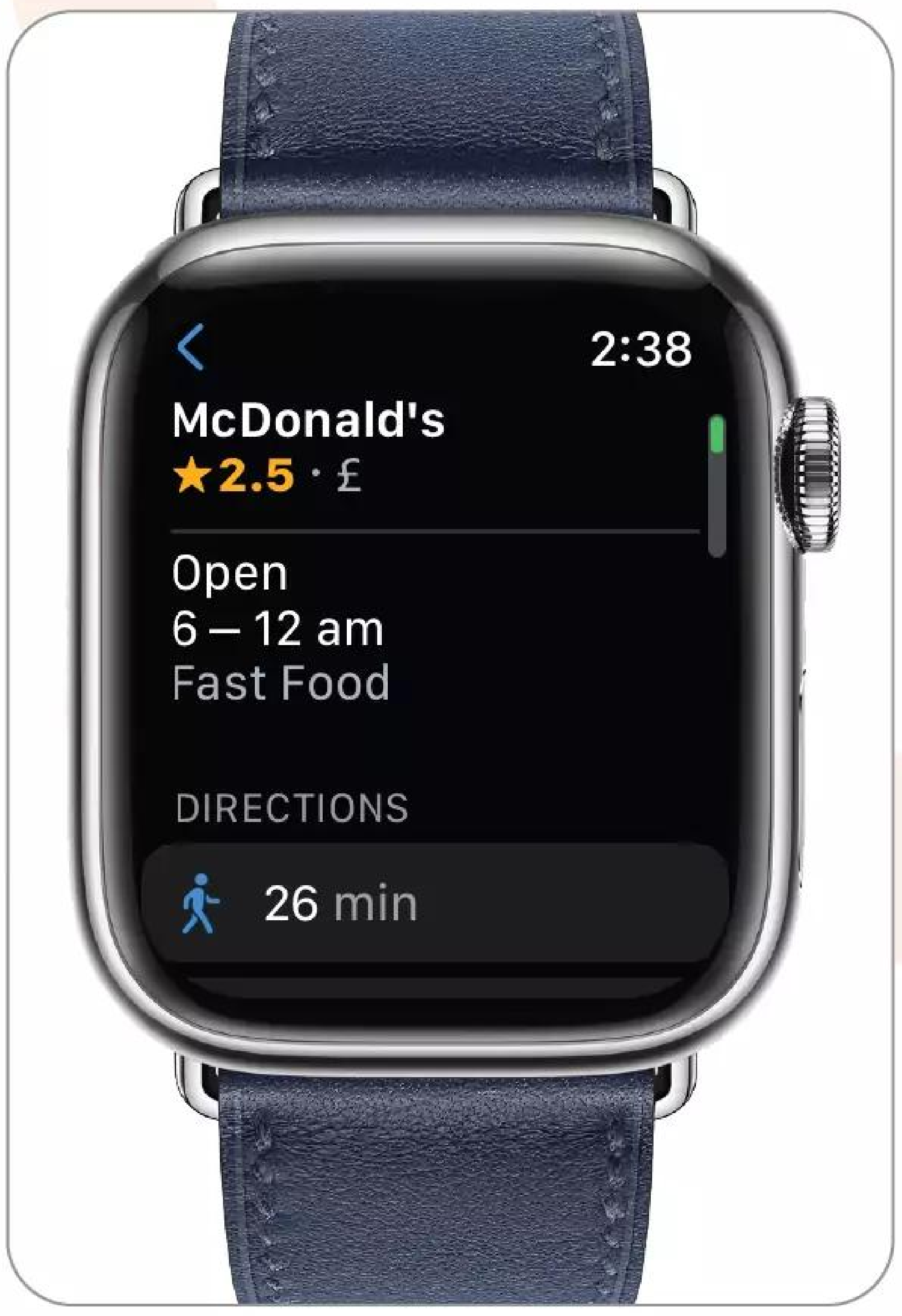
As well as taking you on a journey across the country to places near and far, it can also find local amenities such as cafés, petrol stations, cinemas and more. Here's how to find and reach them using Maps.


Cancel 12:54
Parking
Fast Food
Coffee
Corner Shops
Service Stations

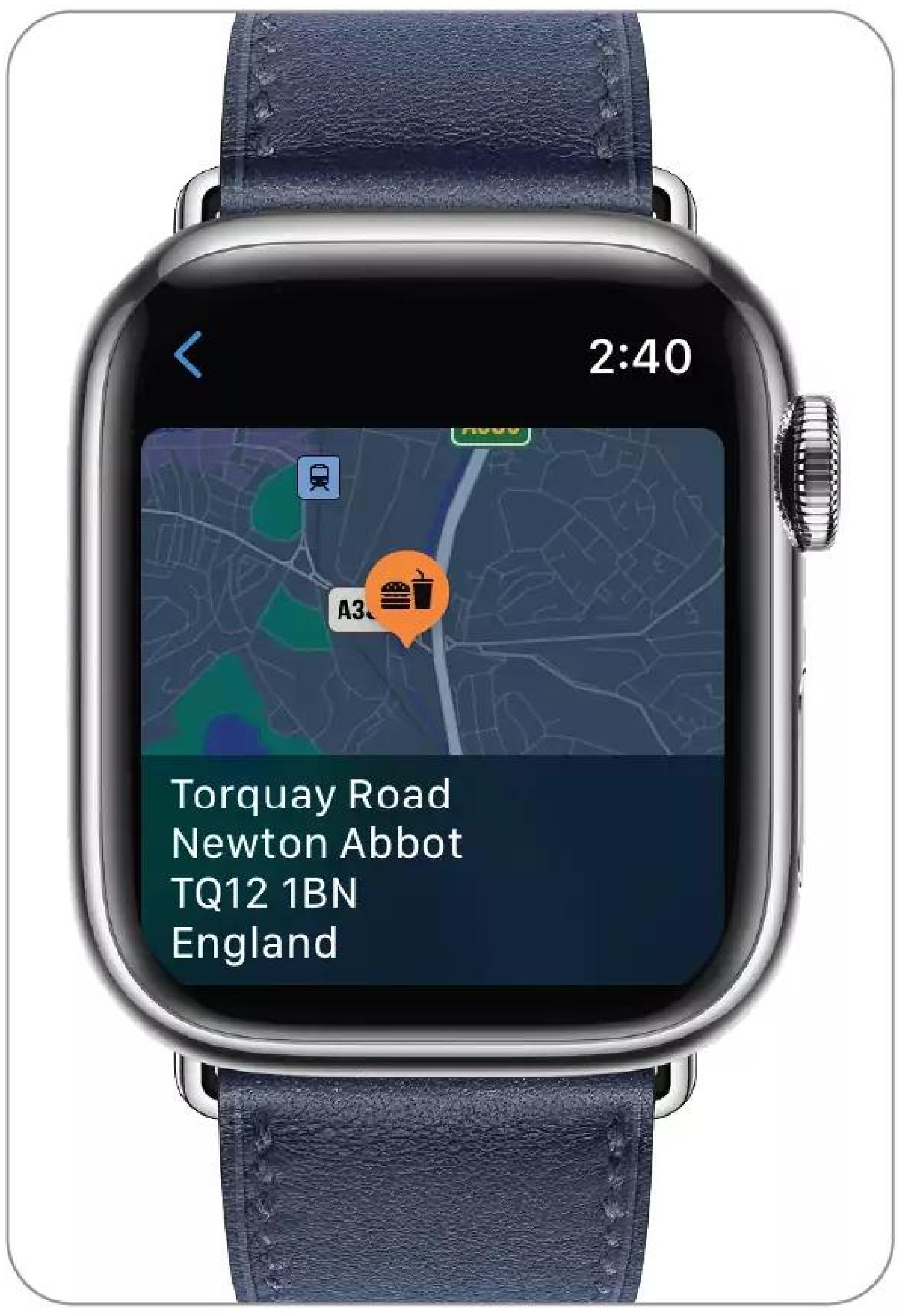
1 Open the Maps app, and on the first screen, tap the three-lines icon on the right of the Search button. Instead of searching, you'll see a list of amenities to be found nearby.


Restaurants 2:37
McDonald's
Fast Food
★2.5 · £
1.0 mi
The Eastern Eye
Indian Cuisine
★4.0
0.7 mi Closed
Meat59
British Cuisine

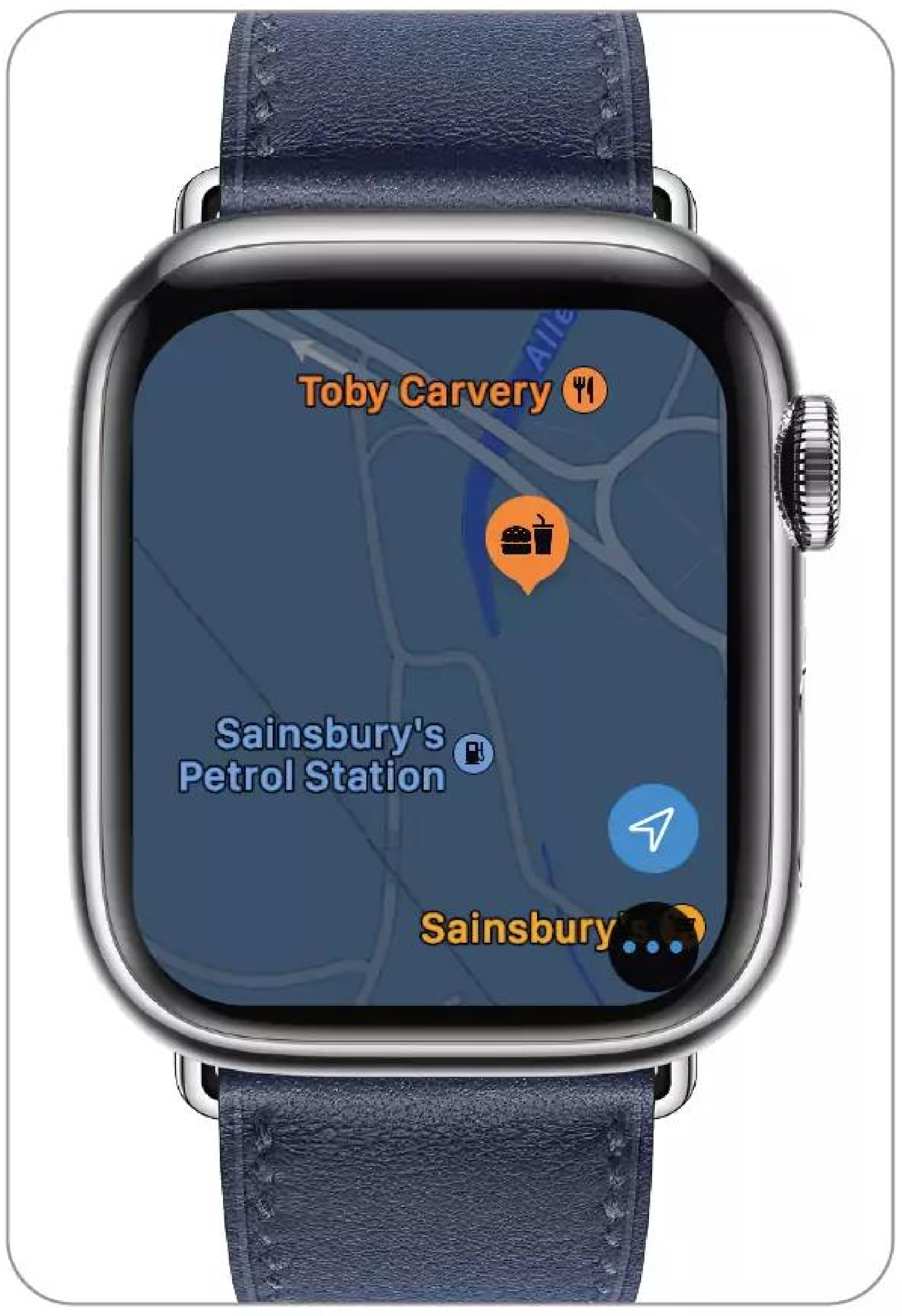
2 Tap the amenity you wish to find. For example, if you're looking for somewhere to eat, tap the Restaurants button. You're shown a list of all examples of that amenity in the locale.


2:38
McDonald's
★2.5 · £
Open
6 – 12 am
Fast Food
DIRECTIONS
26 min

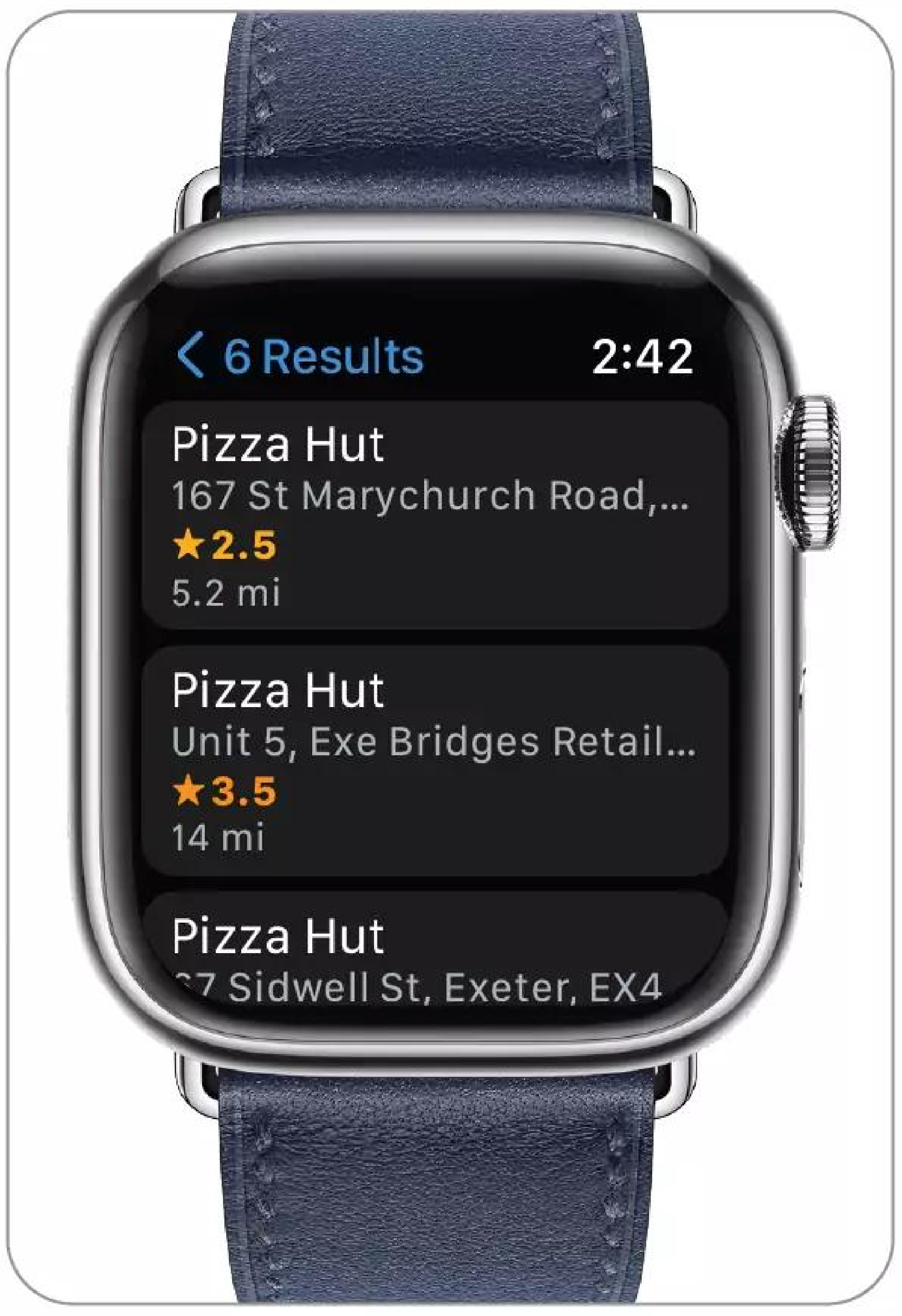
3 Tap on one of the amenities in the list. You're shown information about that particular venue, and below, buttons for directions by various modes of transport.


2:40
Torquay Road
Newton Abbot
TQ12 1BN
England

4 Scrolling up with the Digital Crown or swiping the screen up, you also see further information about the venue, such as its address and phone number, and also a map.

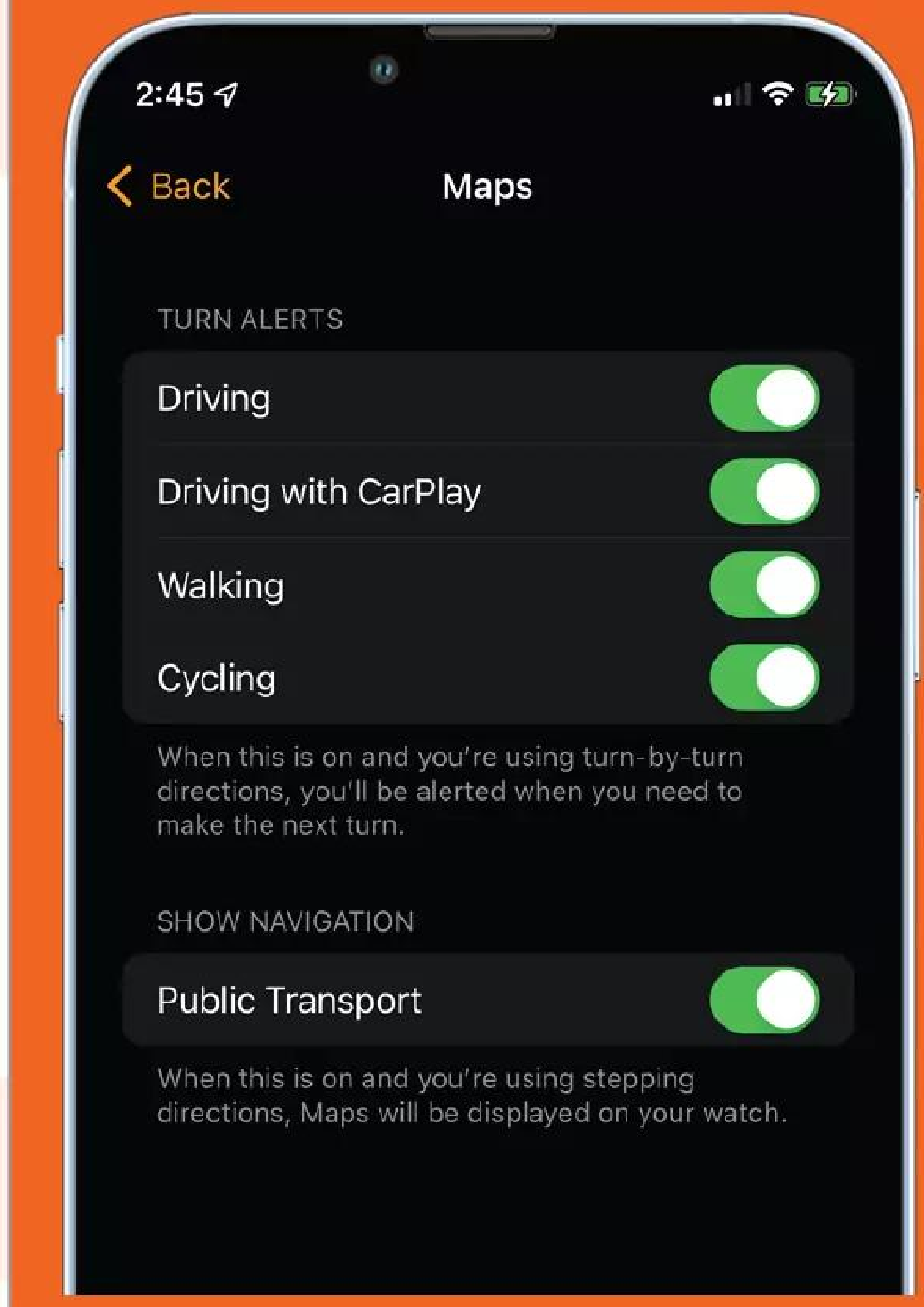


5 Tap a directions button for step-by-step directions to the venue. Tap the map for a full-screen version of the map which you can pan and zoom to find your way to the venue.


6 Results 2:42
Pizza Hut
167 St Marychurch Road,...
★2.5
5.2 mi
Pizza Hut
Unit 5, Exe Bridges Retail...
★3.5
14 mi
Pizza Hut
27 Sidwell St, Exeter, EX4

6 If you want an amenity that isn't listed under the three-lines icon in the search button, tap Search and search for it instead. This is useful if you want to be more specific.

On Your iPhone



2:45

Back Maps

TURN ALERTS

Driving ●

Driving with CarPlay ●

Walking ●

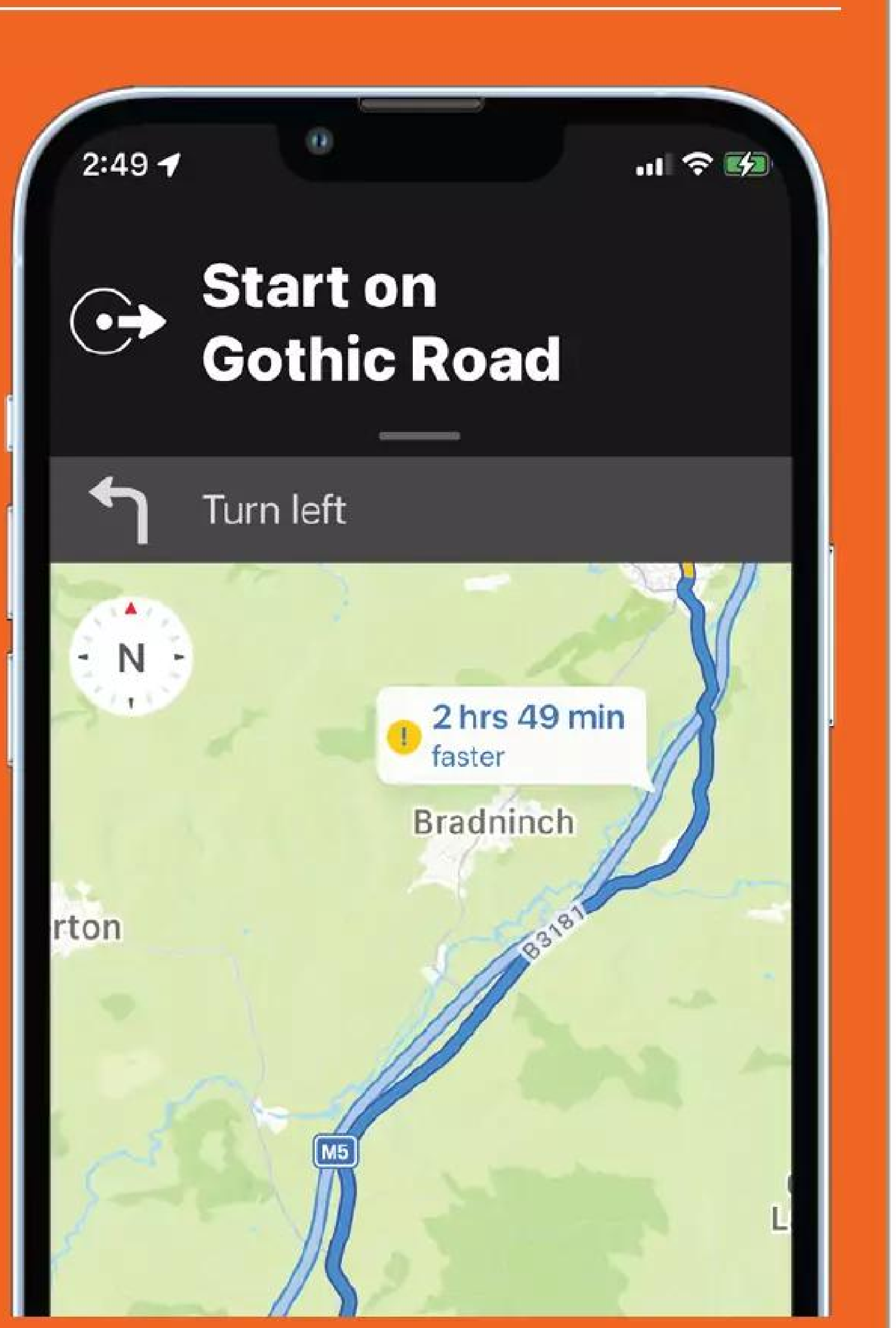
Cycling ●

When this is on and you're using turn-by-turn directions, you'll be alerted when you need to make the next turn.

SHOW NAVIGATION

Public Transport ●

When this is on and you're using stepping directions, Maps will be displayed on your watch.



2:49

Start on Gothic Road

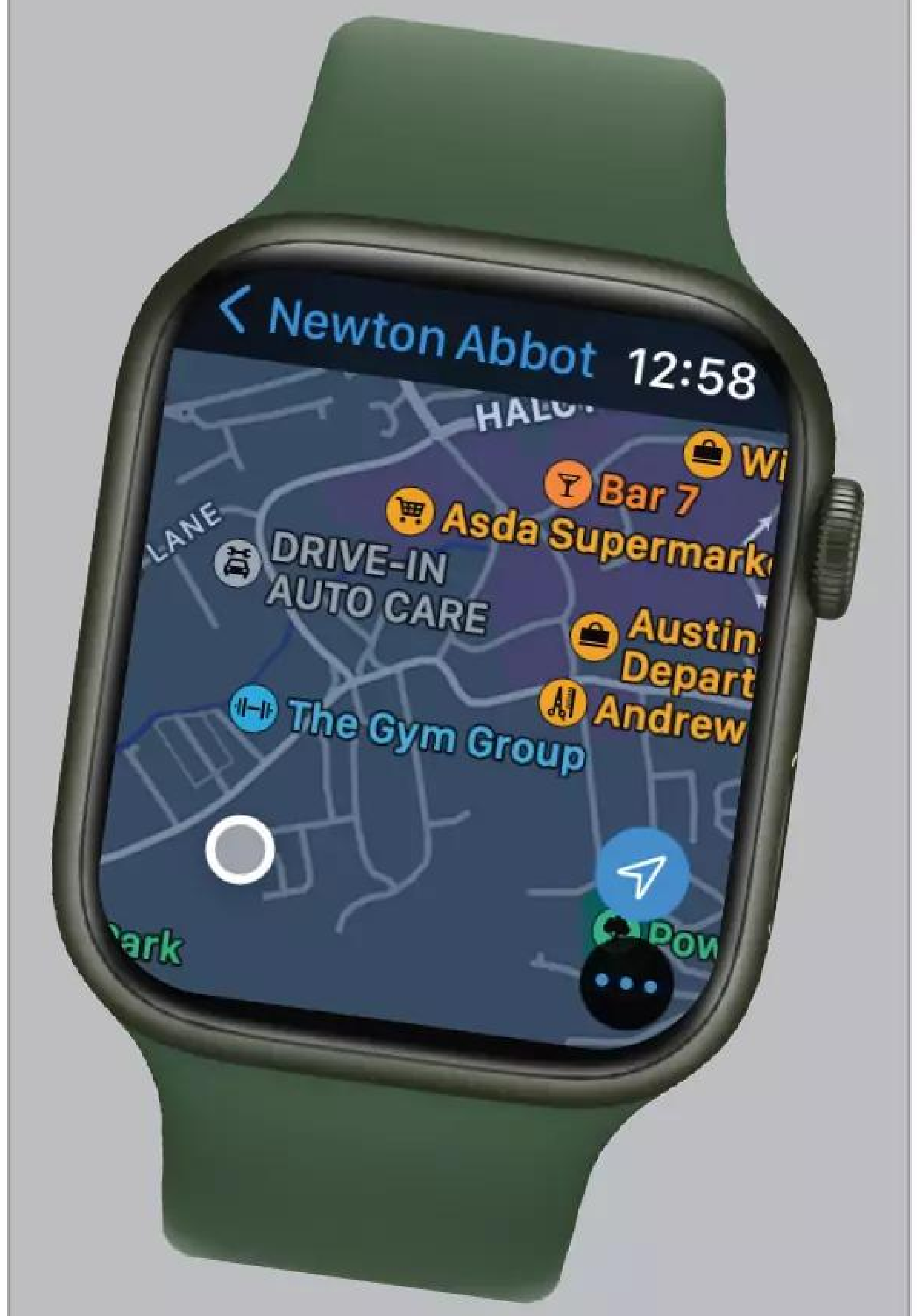
Turn left

N
2 hrs 49 min
faster
Bradninch
rton
B3181
M5

1 You can configure your watch's Maps app on your iPhone, in the Watch app. Go to My Watch > Maps, and you can set up whether or when you want spoken directions.

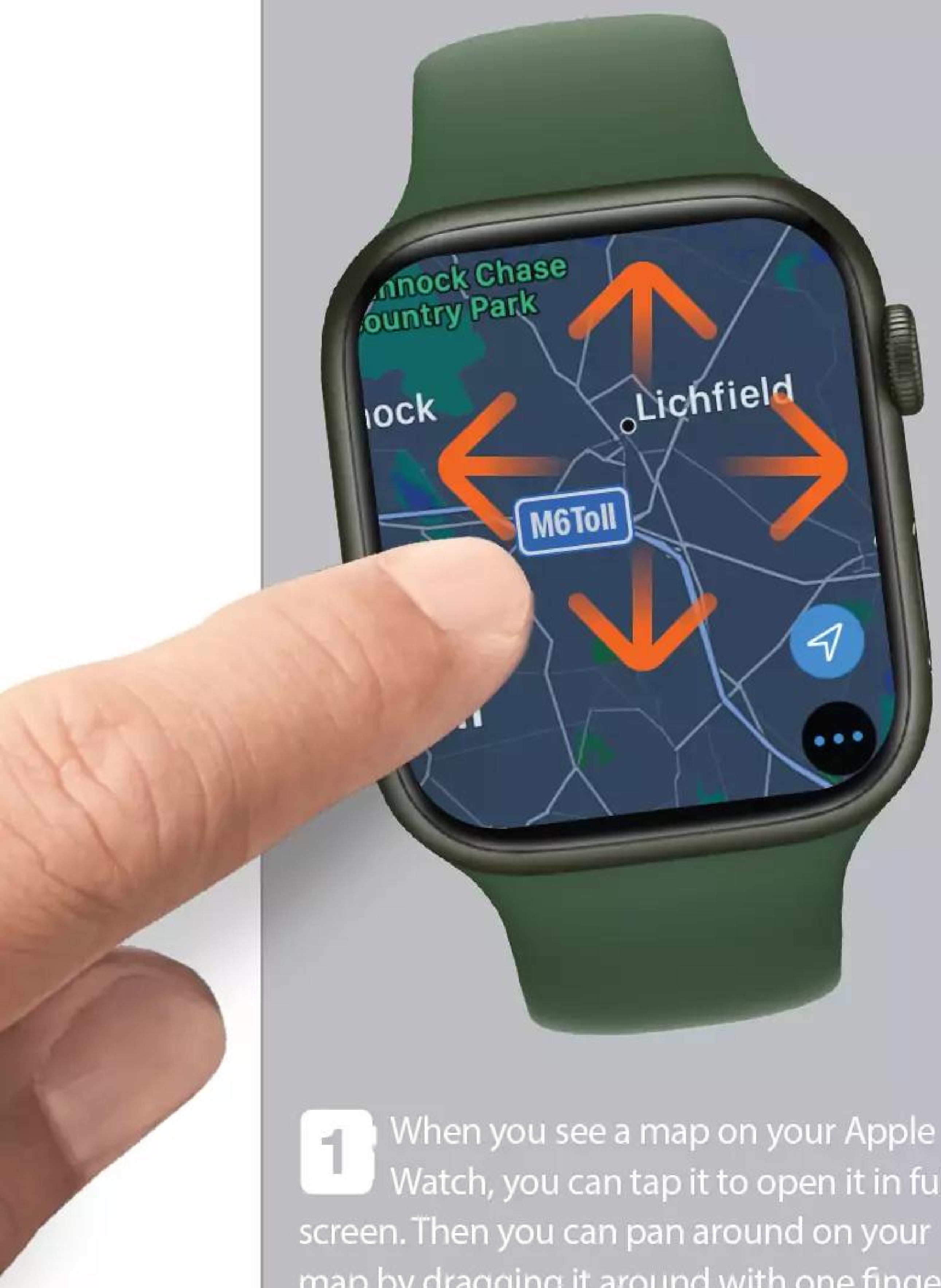
2 Something else you can do on your iPhone is use the Maps app to plan your journey, then start the directions rolling. Each step of the way is also displayed on your watch.

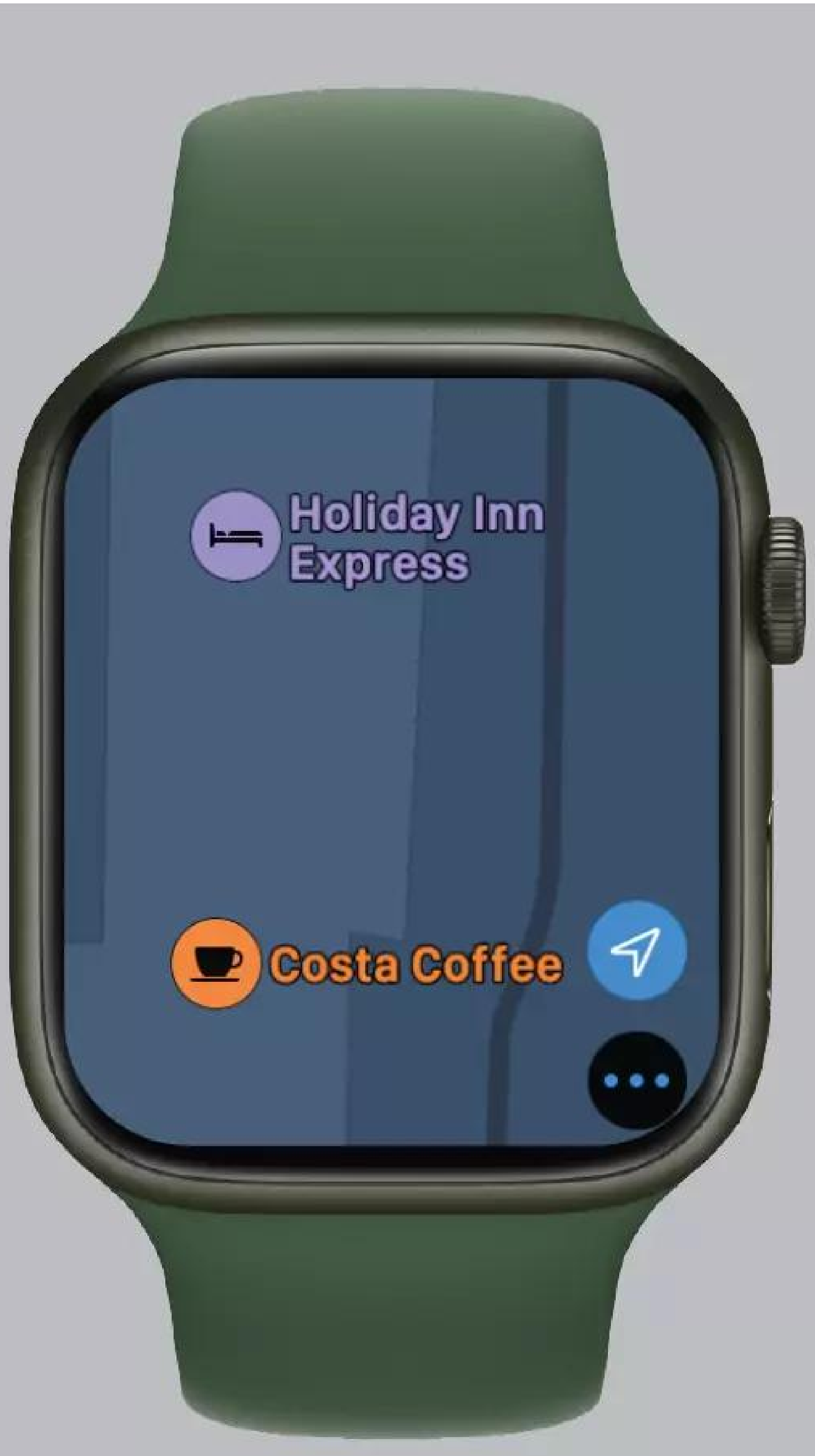
Current Location

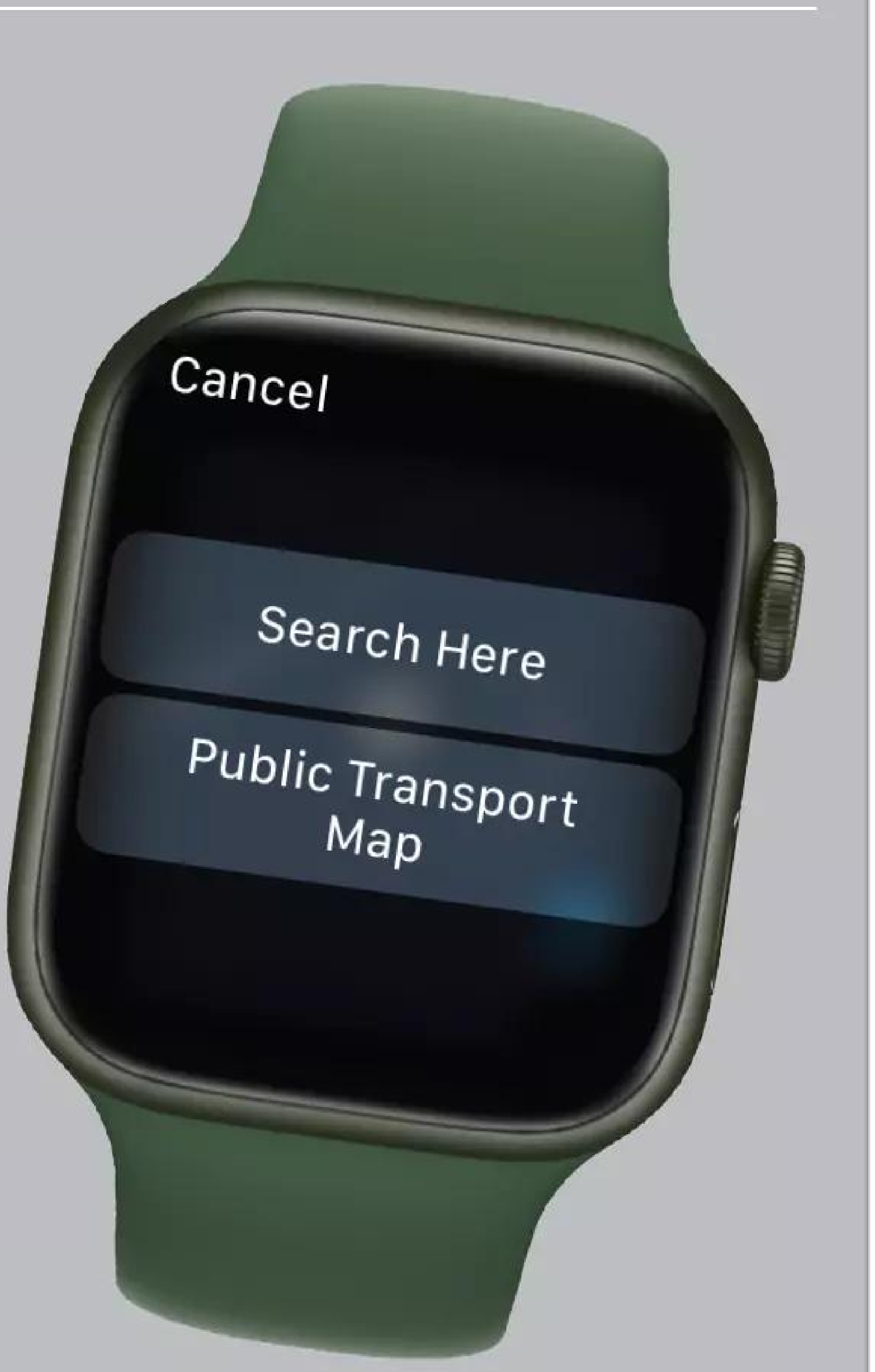

Newton Abbot
12:58
HALU
Bar 7
Wi
Asda Supermark
LANE
DRIVE-IN AUTO CARE
Austin Depart
Andrew
The Gym Group
ark
Pow

1 The Location button on the first screen of Maps, and the location icon anywhere in the app, takes you to a map showing your current whereabouts. The blue dot is where you are.

Pan and Zoom


nnock Chase Country Park
Lichfield
nock
M6Toll


Holiday Inn Express
Costa Coffee


Cancel
Search Here
Public Transport Map

1 When you see a map on your Apple Watch, you can tap it to open it in full-screen. Then you can pan around on your map by dragging it around with one finger on the screen.

2 You can also zoom into and out of the screen using the Digital Crown. Tapping the blue arrow icon moves the map to your current whereabouts with a single tap of the screen.

3 The three-dots icon lets you search for amenities in the location you're currently viewing, not your current whereabouts. You can also change between public transport and standard maps here.

Watching Your Calendar

It pays to keep tabs on your appointments and events, and with the Calendar app, you can sync your reminders to your Apple Watch and get an alert on your wrist. You can even tap a Calendar appointment on your Apple Watch and get directions to the venue through the Maps app. Here's how to use the Calendar app to help organise your life right from your wrist.

Mon
15
4:17
TIME SENSITIVE
Time to Leave
Meeting with Jim and Alyssa
It will take 27 min to get to Beefeater The Grandstand Newton Abbot

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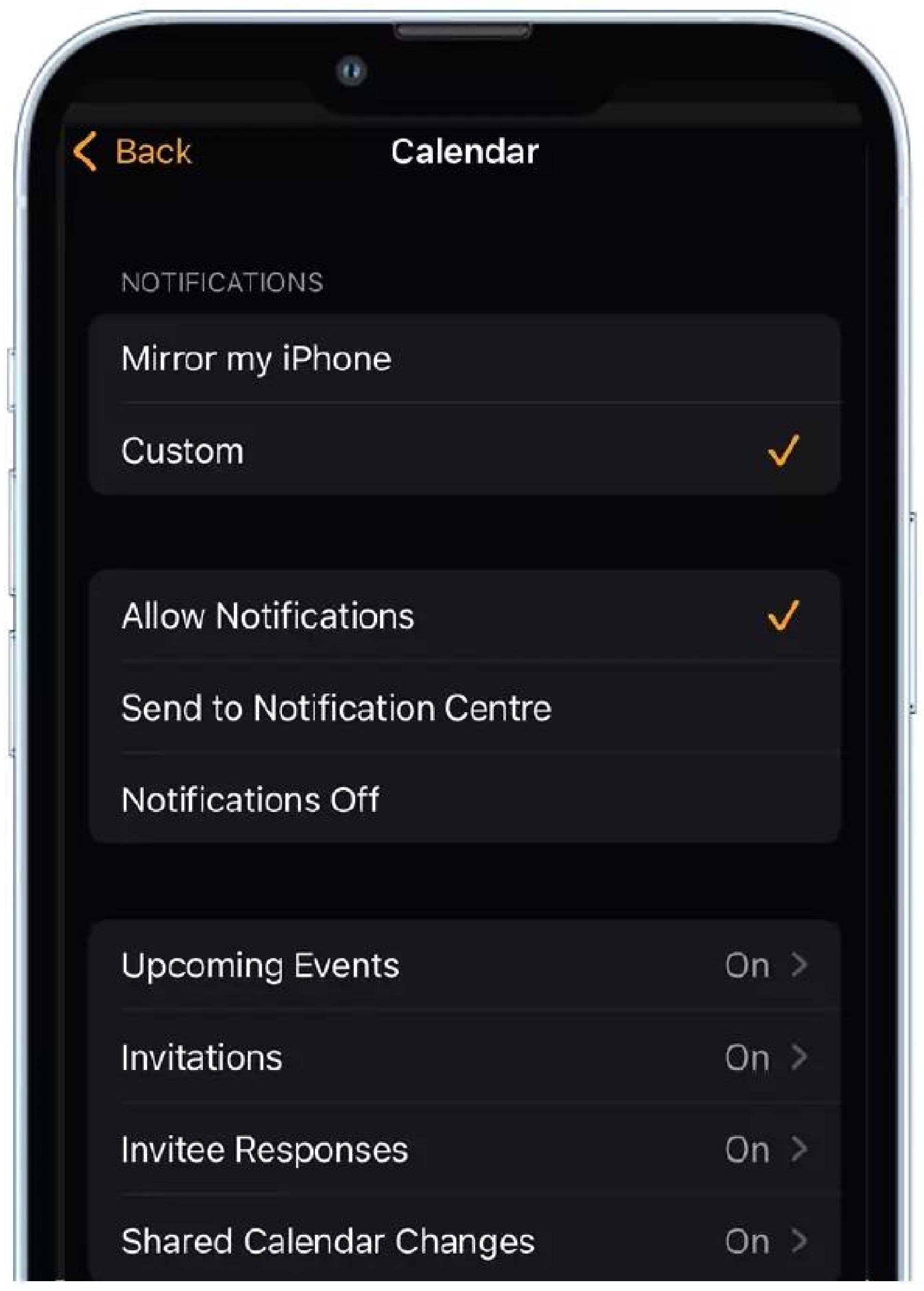
Get More From the Calendar App

Although the Calendar app on your Apple Watch is somewhat limited in scope, when synced with your iPhone, it's still handy for giving instant access to appointment schedules and alerts for upcoming events.



< Back Calendar

NOTIFICATIONS

Mirror my iPhone

Custom ✓

Allow Notifications ✓

Send to Notification Centre

Notifications Off

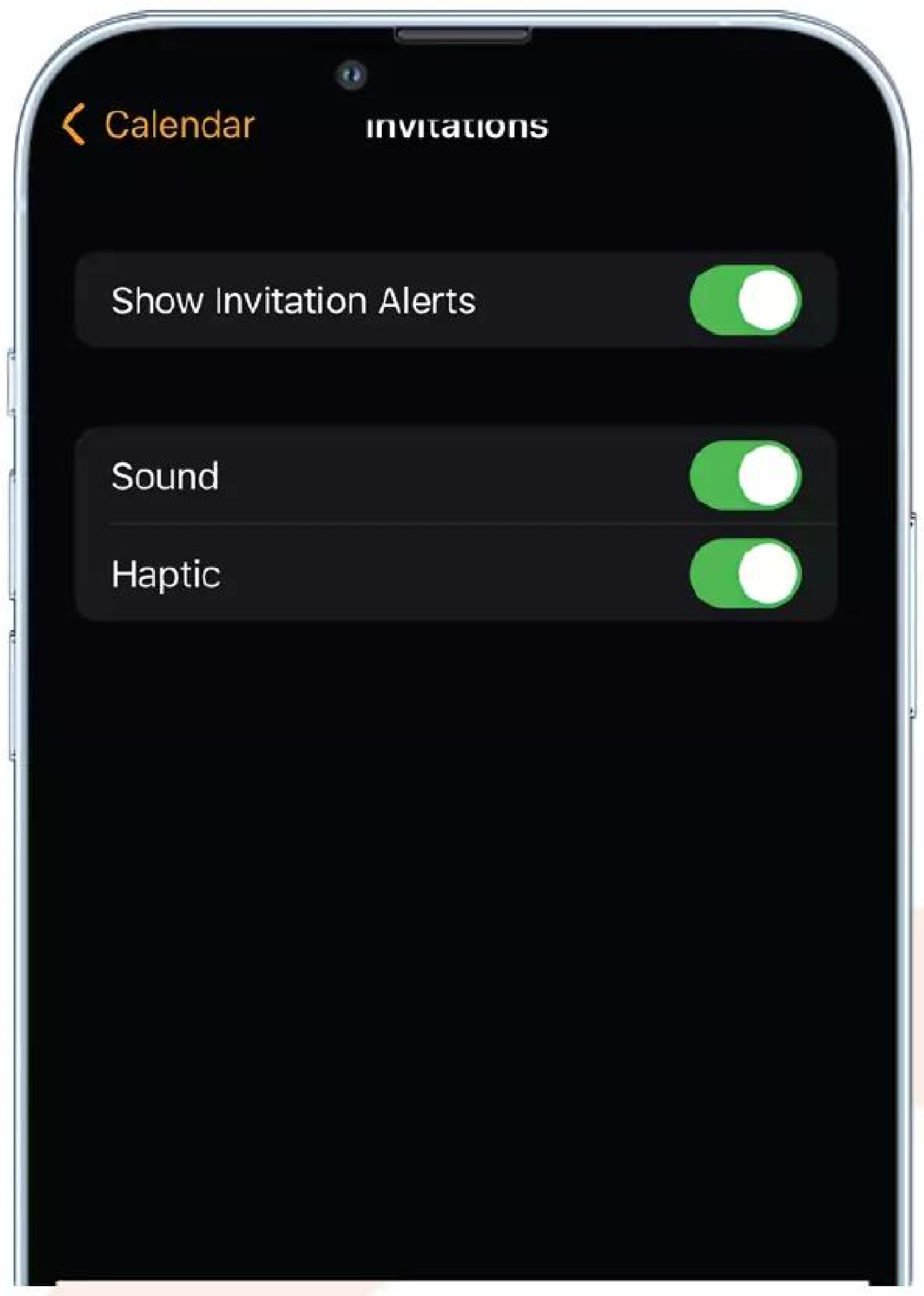
Upcoming Events On >

Invitations On >

Invitee Responses On >

Shared Calendar Changes On >

1 Open your iPhone's Watch app and go to My Watch > Calendar. Here you can choose to mirror the notification settings and calendars used by your iPhone or set them up as a custom setting. Tap Custom under Notifications and you can set what notifications are sent to your watch. Tap Custom under Calendars and you can choose which calendars are shown on the watch.



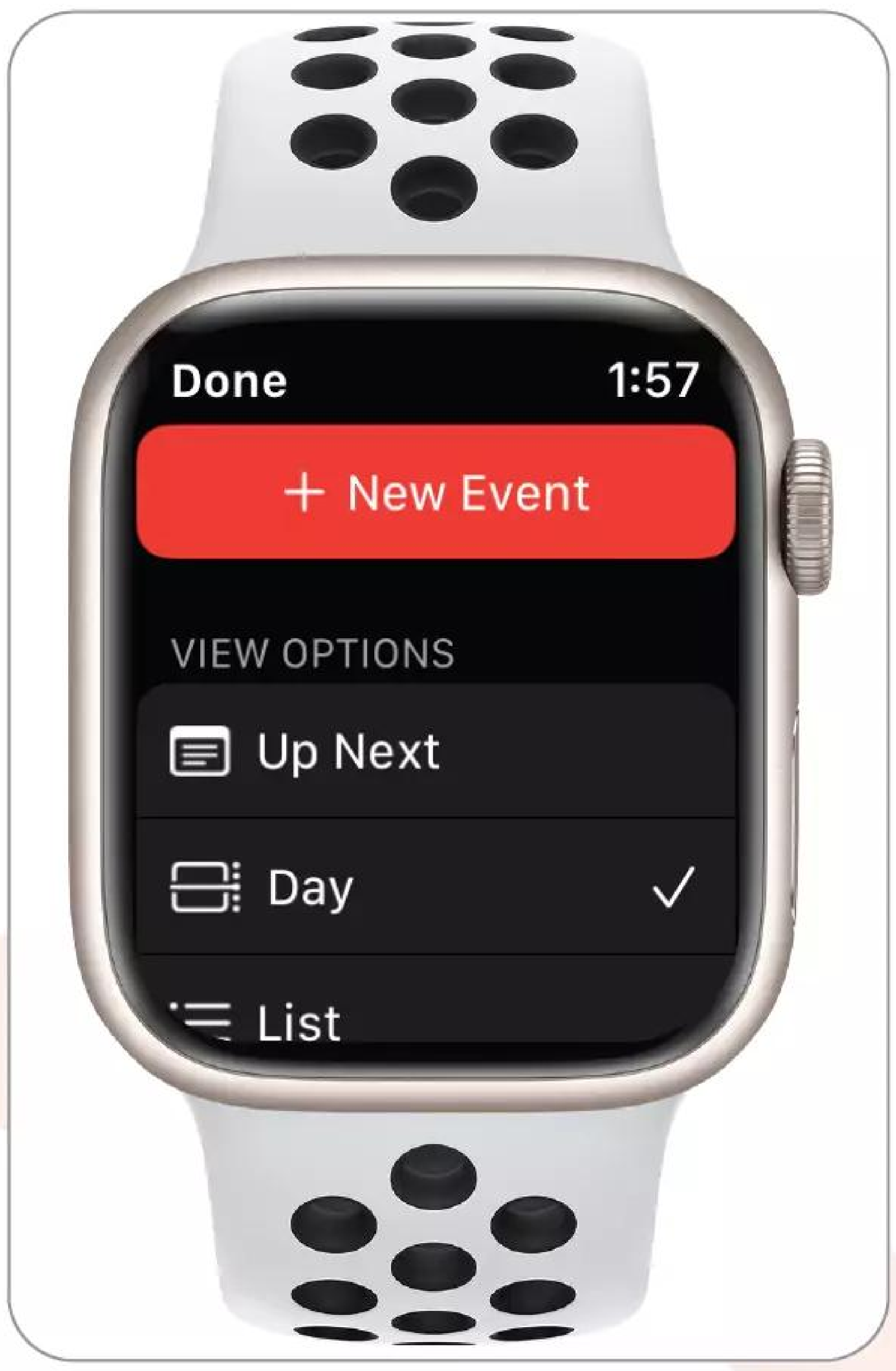
< Calendar Invitations

Show Invitation Alerts ●

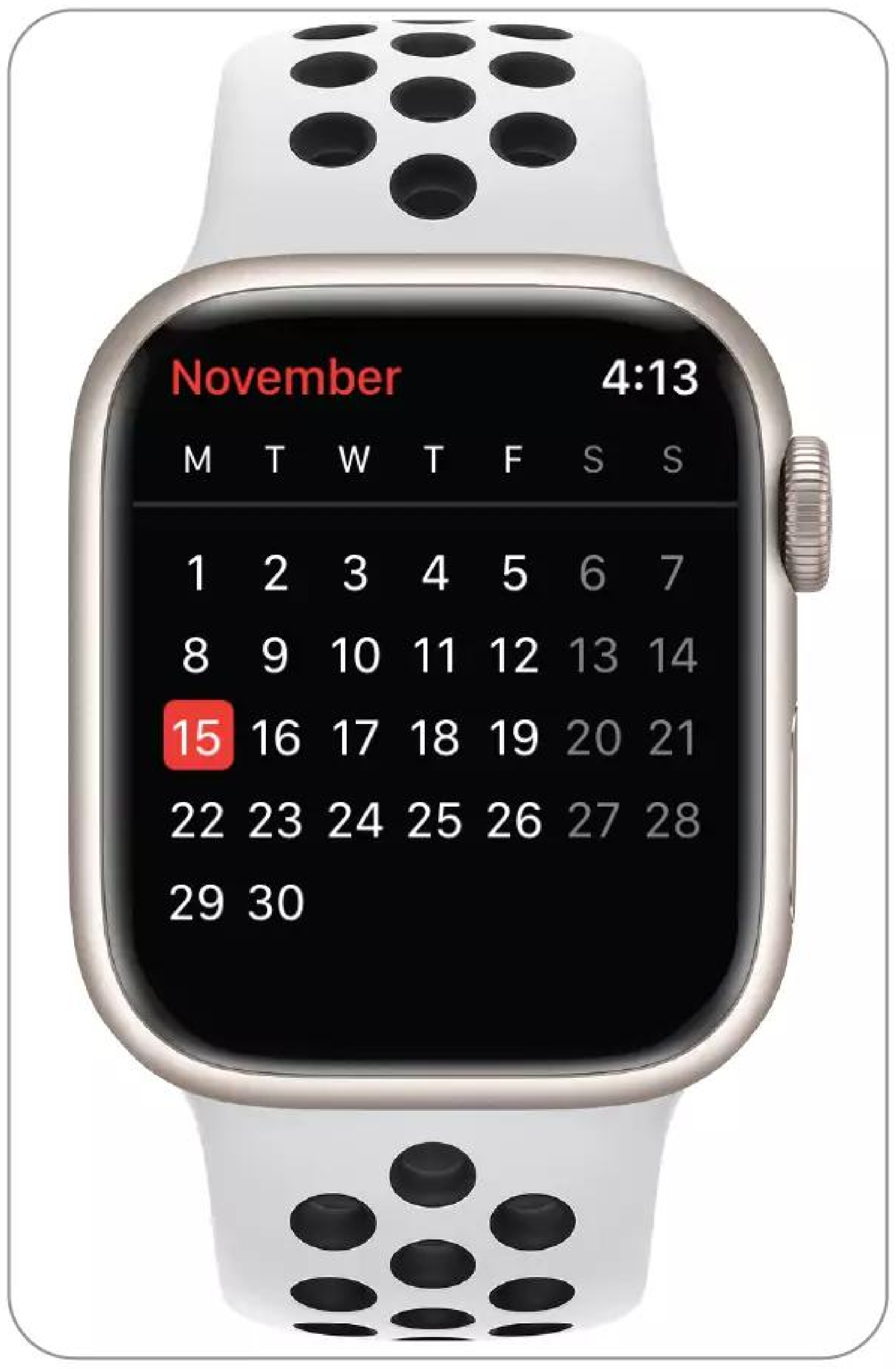
Sound ●

Haptic ●

2 Except where you've chosen differently, calendars and events on your iPhone's Calendar app are also shown on your watch. Subject to your settings, notifications from the Calendar app on your iPhone are also sent to your Apple Watch. You can customise whether they're sent with an audible tone and/or a haptic vibration in the Notifications customisation section.

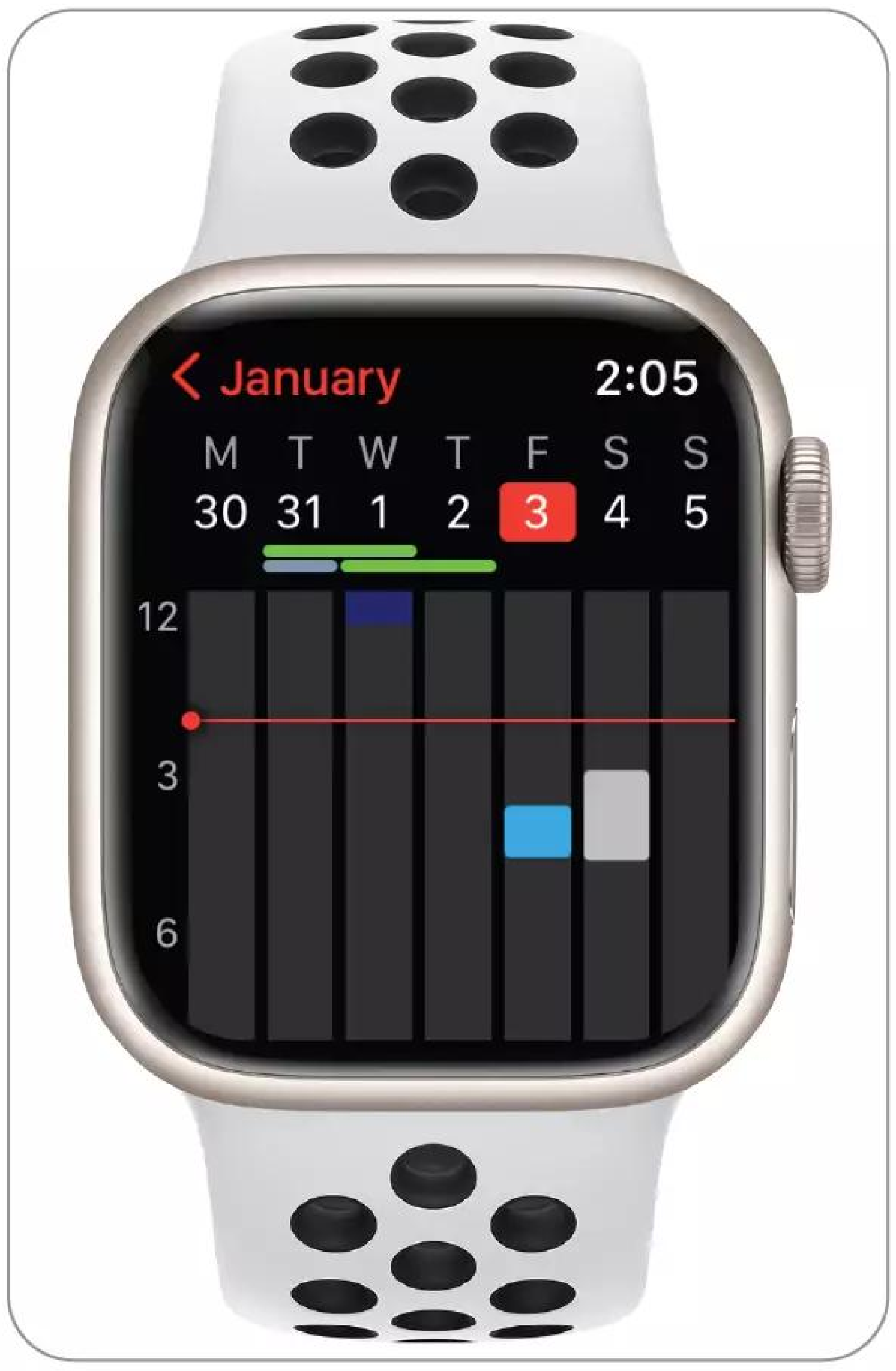


3 A new feature introduced with watchOS 9 lets you to create an event from your Apple Watch's Calendar app, which is then synced to your iPhone. In the Calendar app, open the Today view for the day on which you want it to take place. Tap the three-dots icon (bottom-right), tap New Event and then set it up. Tap Add at the bottom to add it.

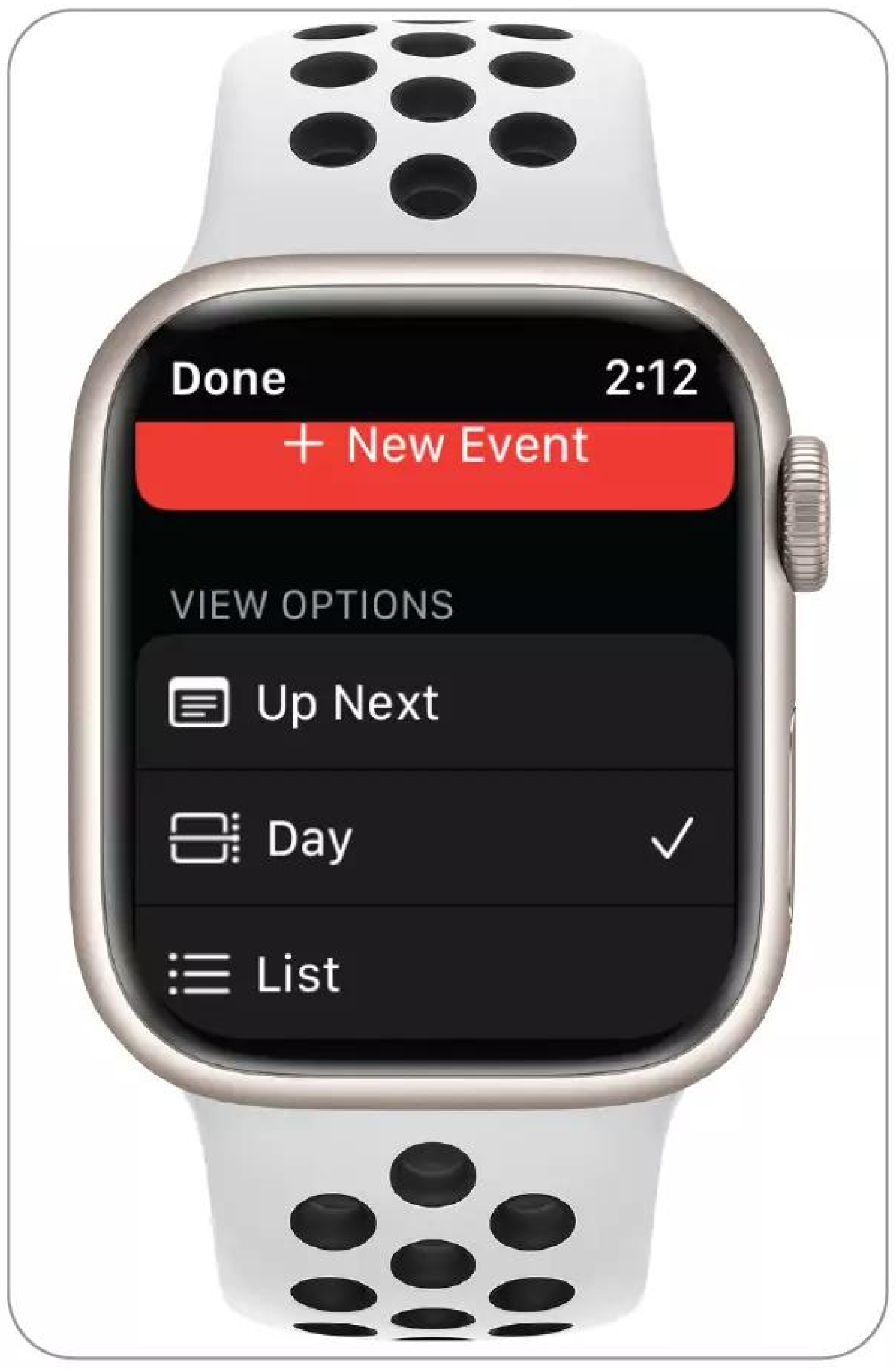


M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

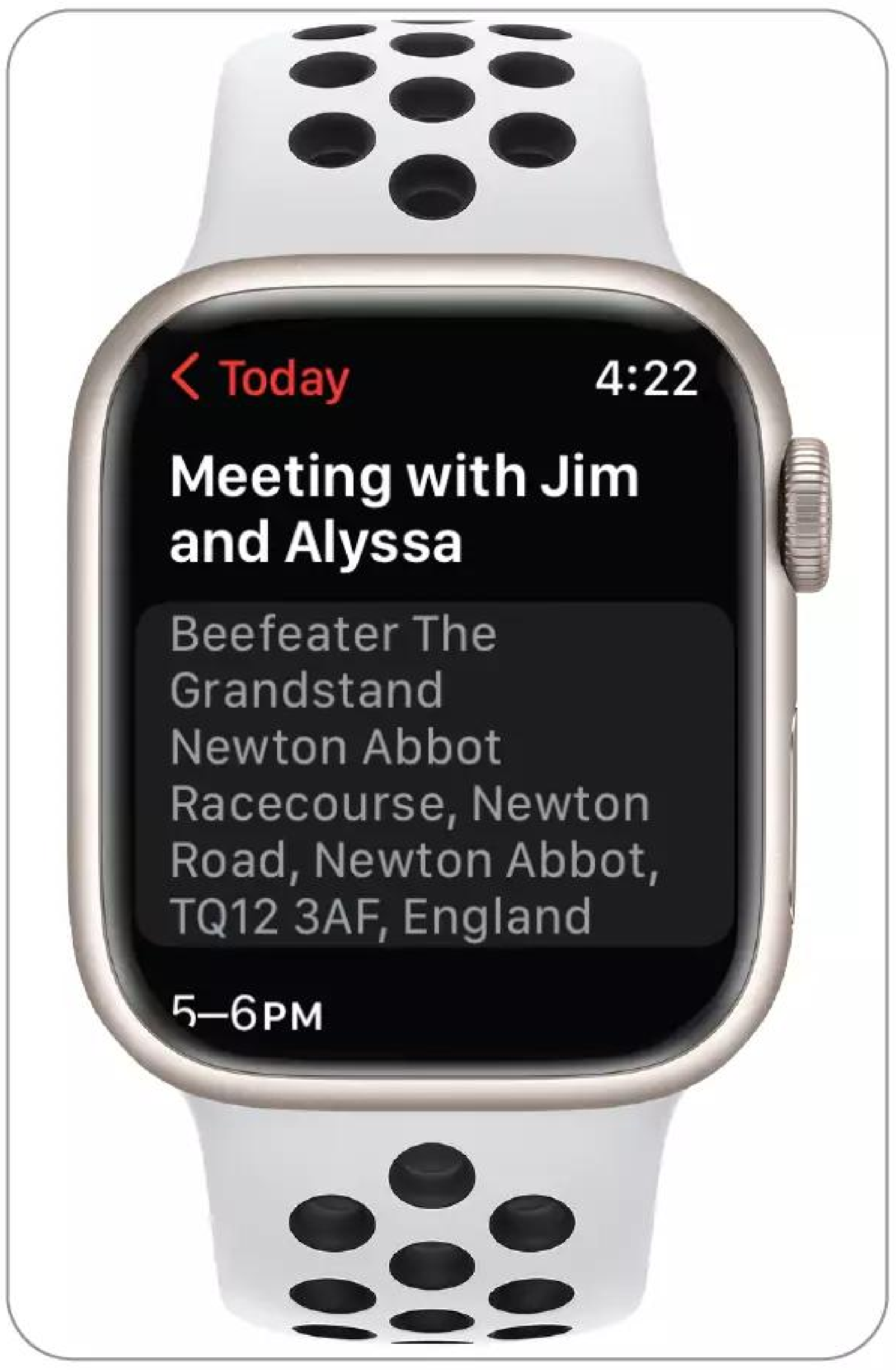
4 When you open the Calendar app on your Apple Watch, the first thing you see is likely to be the current month laid out according to the days of the week. The current day is shown as a red square. Tap the screen to see your schedules and appointments for the next few days.



5 Tap a day on the Month screen and you get this, a row of days and dates with upcoming events in each days' columns. Tap one to get to the Today view, which shows all-day events at the top of the screen, and timed events in their respective time slots.



6 On a day's listing, tap the three-dots icon you can choose to display your forthcoming events as the entire Day (the default option), a List of events or as Up Next, which shows your next event. The choice is yours and you can always change it back again if you wish.

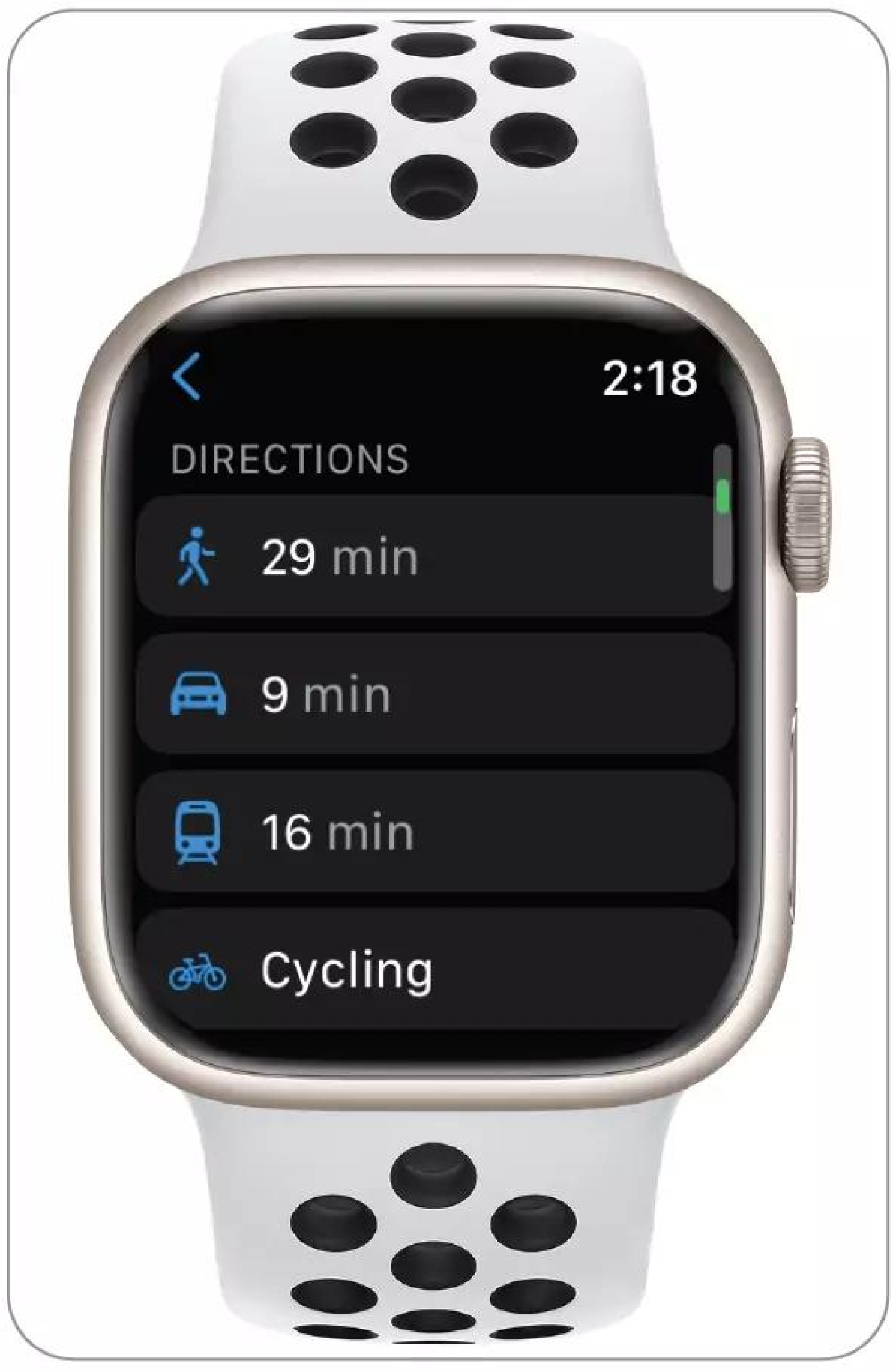


Meeting with Jim and Alyssa

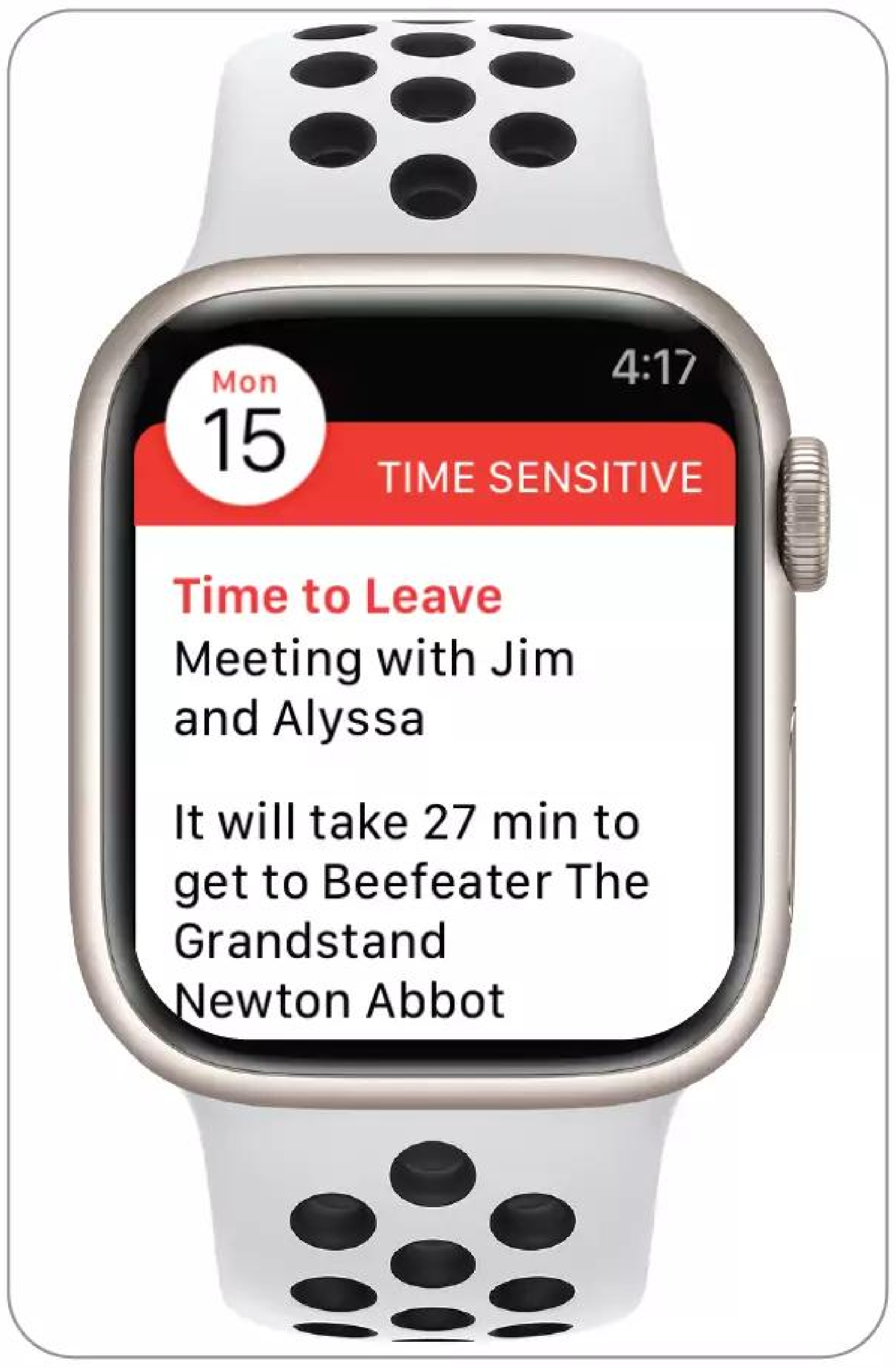
Beefeater The Grandstand Newton Abbot Racecourse, Newton Road, Newton Abbot, TQ12 3AF, England

5–6PM

7 Tap an event in the Today or List view and you're shown its details. This includes the calendar it's listed under, the time and if applicable the location, whether it repeats and more. You can't edit these events on your watch, you have to use your iPhone's Calendar app.



8 If a calendar entry has a location listed, in the event, tap that location. You're shown a list of transport options, among other things. Tap one of them and your watch switches to the Maps app, offering you a choice of routes. You can then follow directions, directly.



Time to Leave
Meeting with Jim and Alyssa

It will take 27 min to get to Beefeater The Grandstand Newton Abbot

9 If you have an alert set up for an event in your iPhone's Calendar app, you also get that alert on your Apple Watch. If there's a location set up in the event, it tells you when you need to leave, where to go and more. You need never miss an appointment again.

Photos on Watch

Apple Watch's Photos app is great for reviewing your snaps on the smallest screen. All you have to do is sync an album and/or Memories from your iPhone to your Apple Watch. Then you can view the pics, zoom in on them and even create a new watch face; directly from your watch's Photos app. Here's how to make the most of this interesting feature.

Apple Watch
12:17

Syncing a Photo Album

You can sync one album from your iPhone to your watch, and also sync Memories and featured photos. Why not create a new album, call it Apple Watch, and keep all the images you wish to sync in one place?

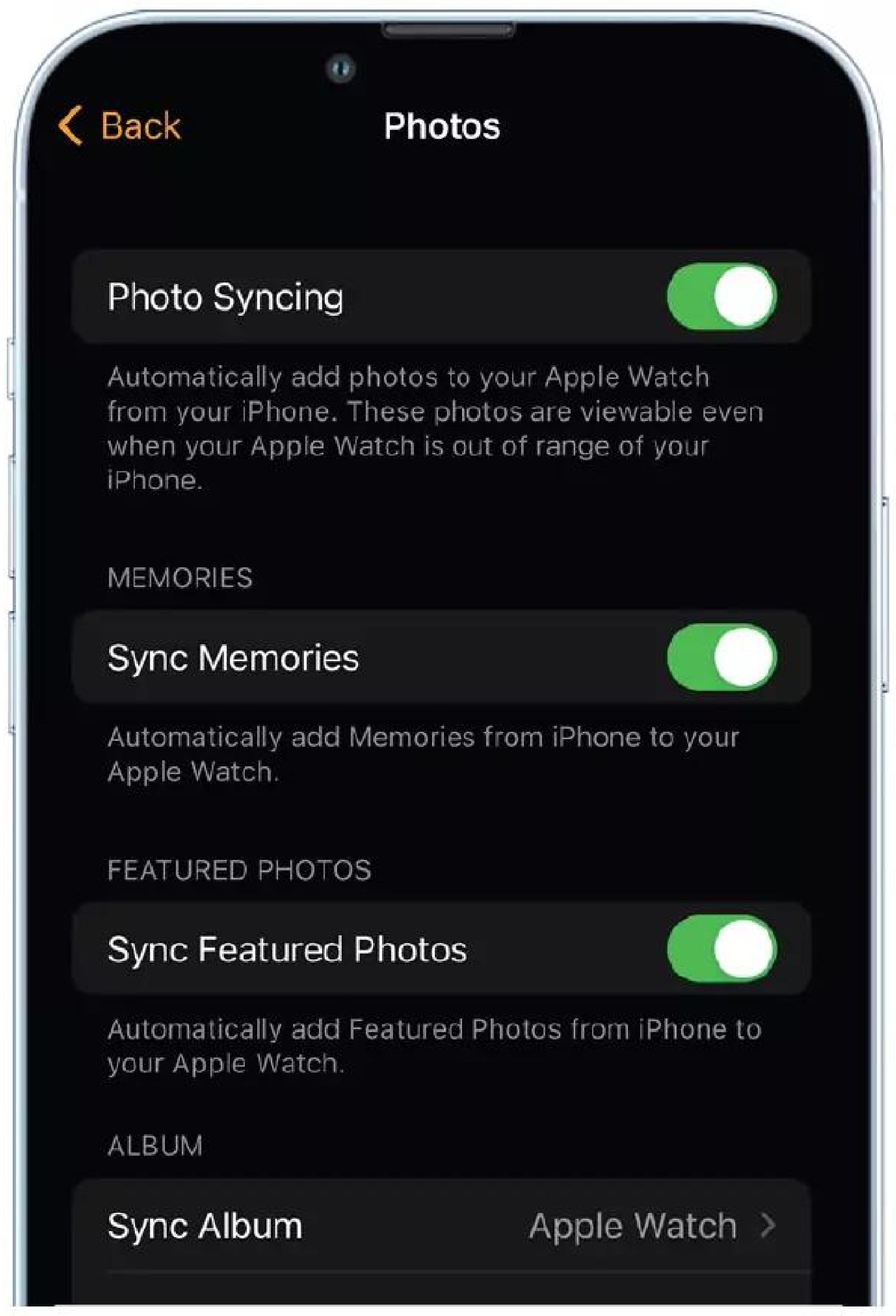


Photo Syncing ●

Automatically add photos to your Apple Watch from your iPhone. These photos are viewable even when your Apple Watch is out of range of your iPhone.

MEMORIES

Sync Memories ●

Automatically add Memories from iPhone to your Apple Watch.

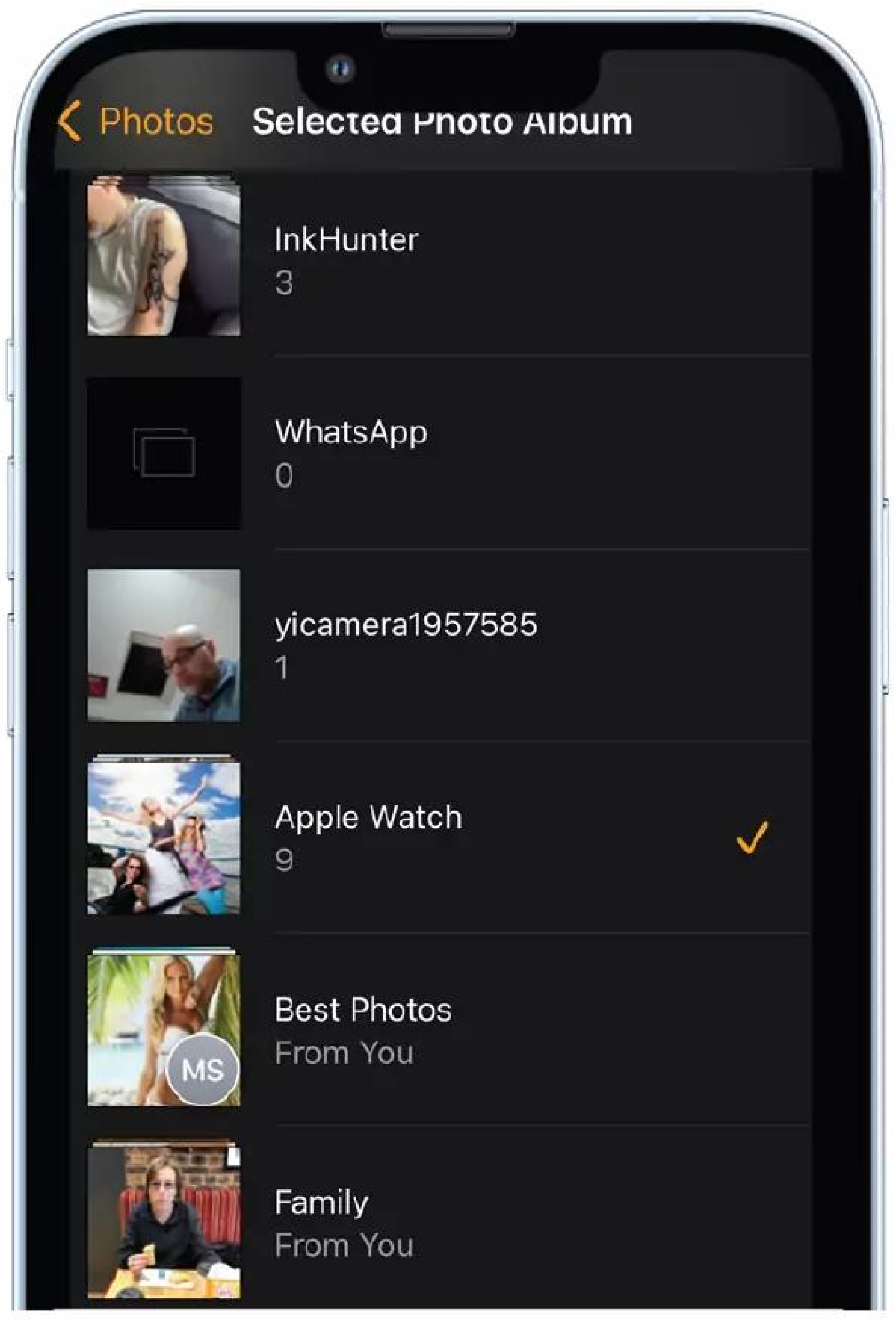
FEATURED PHOTOS

Sync Featured Photos ●

Automatically add Featured Photos from iPhone to your Apple Watch.

ALBUM

Sync Album: Apple Watch



InkHunter 3

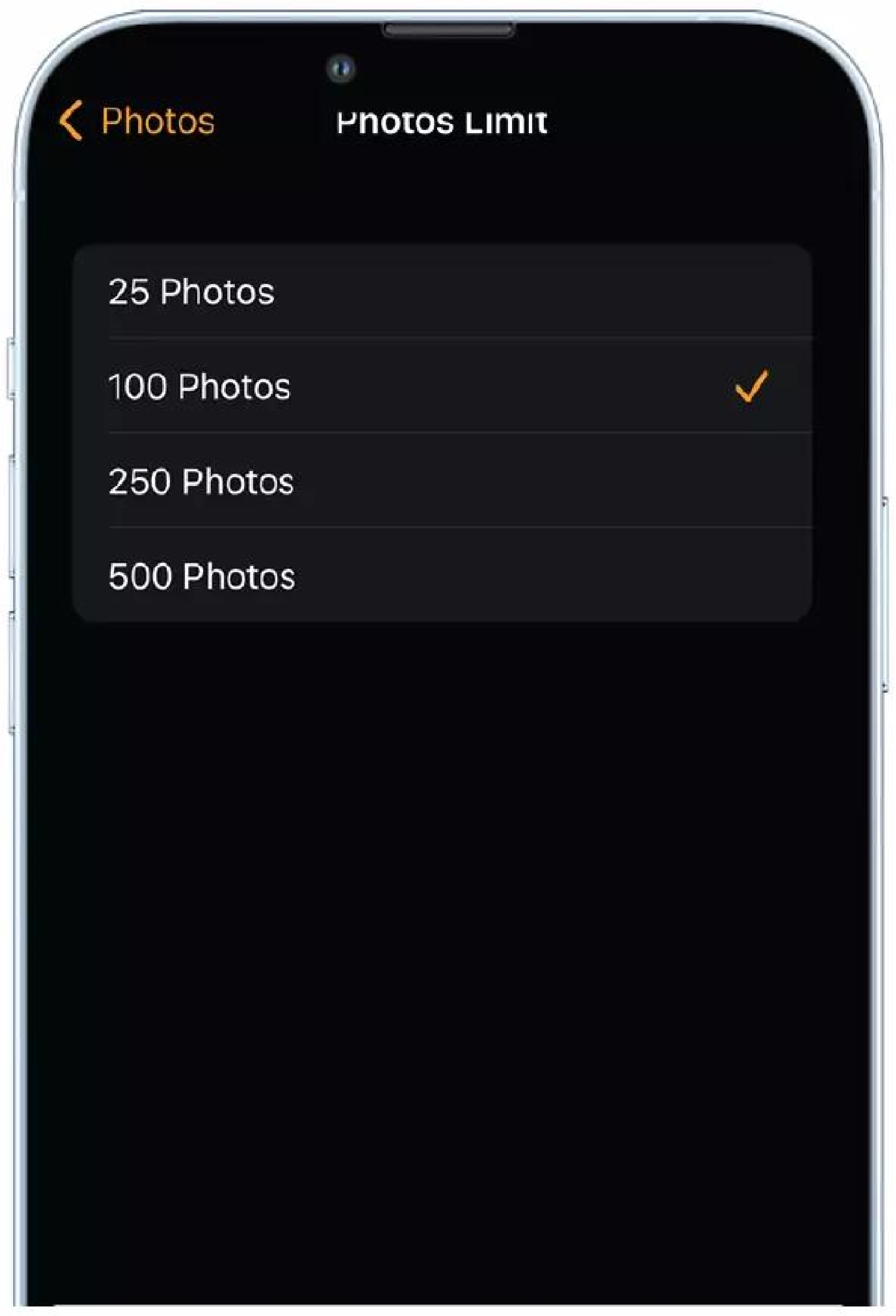
WhatsApp 0

yicamera1957585 1

Apple Watch 9 ✓

Best Photos From You

Family From You



25 Photos

100 Photos ✓

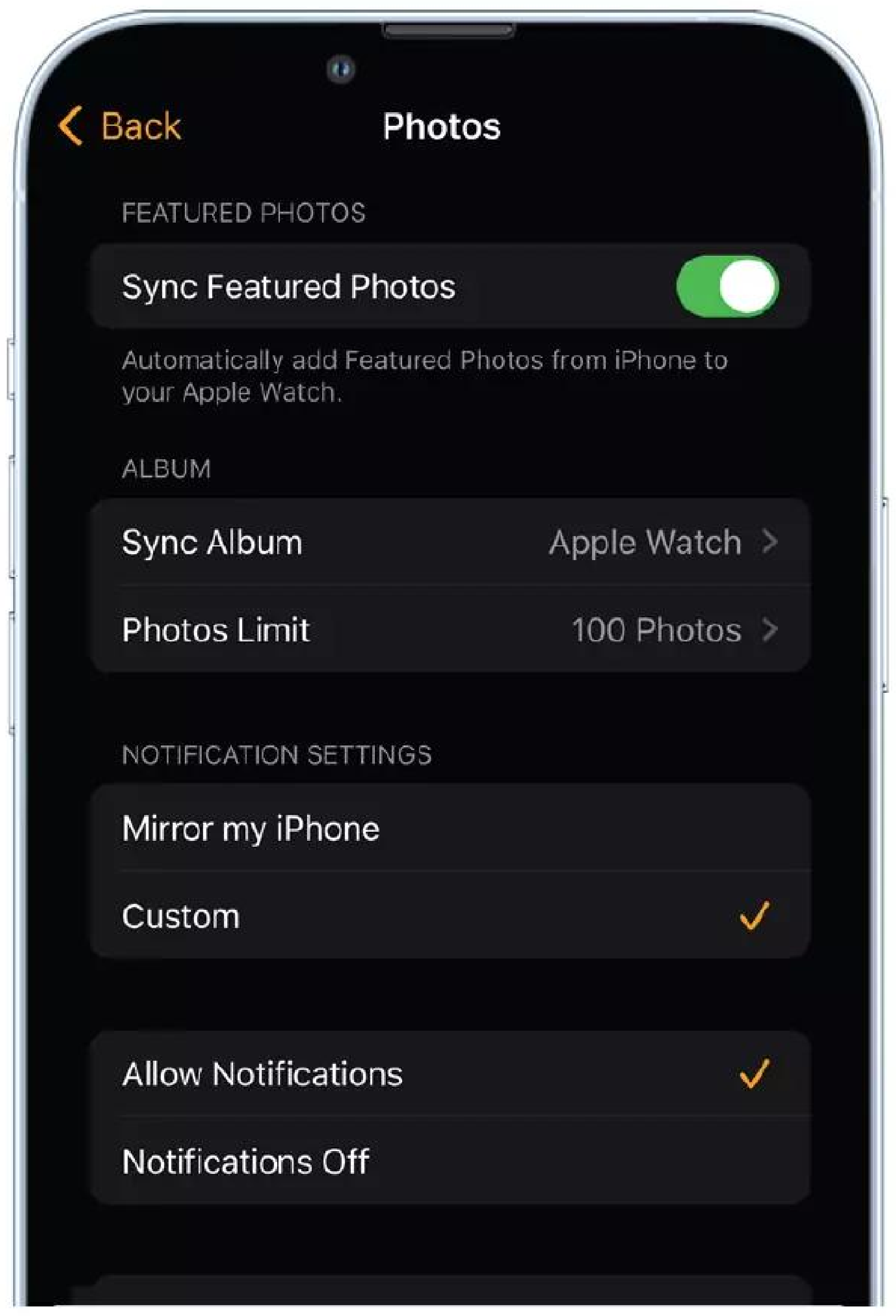
250 Photos

500 Photos

1 First of all, open your Watch app on your iPhone, and go to My Watch > Photos. The first three items there are on-off switches. In order (top to bottom), these are; Photo Syncing, which lets you automatically add pics to your Apple Watch; Sync Memories, which syncs your photo app's memories to your watch; and Sync Featured Photos.

2 In the Album section of this page, tap Sync Album and choose an album in your iPhone's Photos app to sync with your Apple Watch. Just scroll up and down the page, and tap the album you want to tick. To change the album on your watch, tick another. Scroll to the top of the page and tap None to remove all albums from the watch.

3 To prevent your watch filling up with too many pictures, there's a limit on the number of photos you can sync. By default this is 100 photos, but you can change this figure by going to My Watch > Photos > Photos Limit and choosing another figure. If you plan to add lots of music and/or apps, take care not to fill it up with photos too.



Back Photos

FEATURED PHOTOS

Sync Featured Photos ●

Automatically add Featured Photos from iPhone to your Apple Watch.

ALBUM

Sync Album: Apple Watch

Photos Limit: 100 Photos

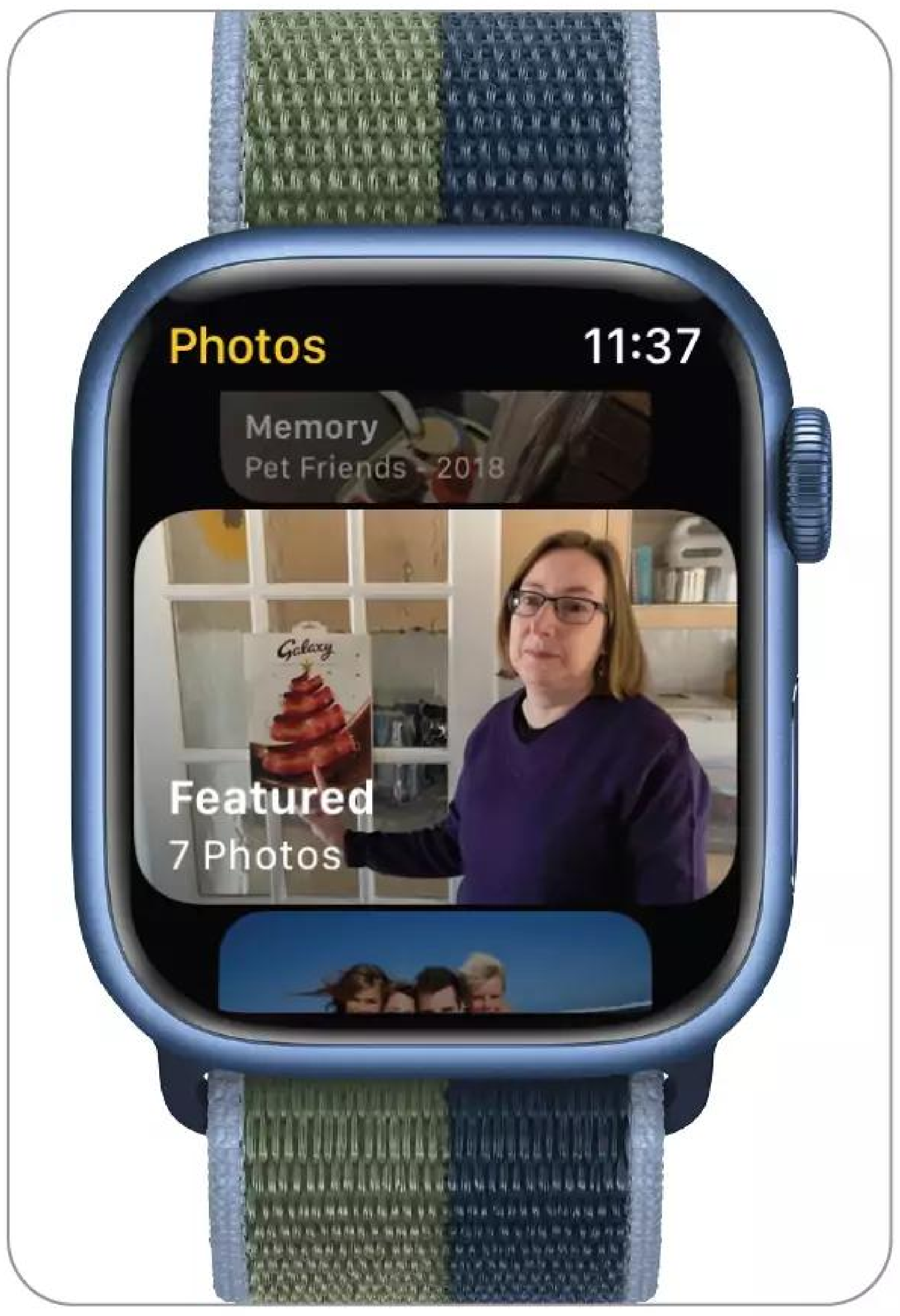
NOTIFICATION SETTINGS

Mirror my iPhone

Custom ✓

Allow Notifications ✓

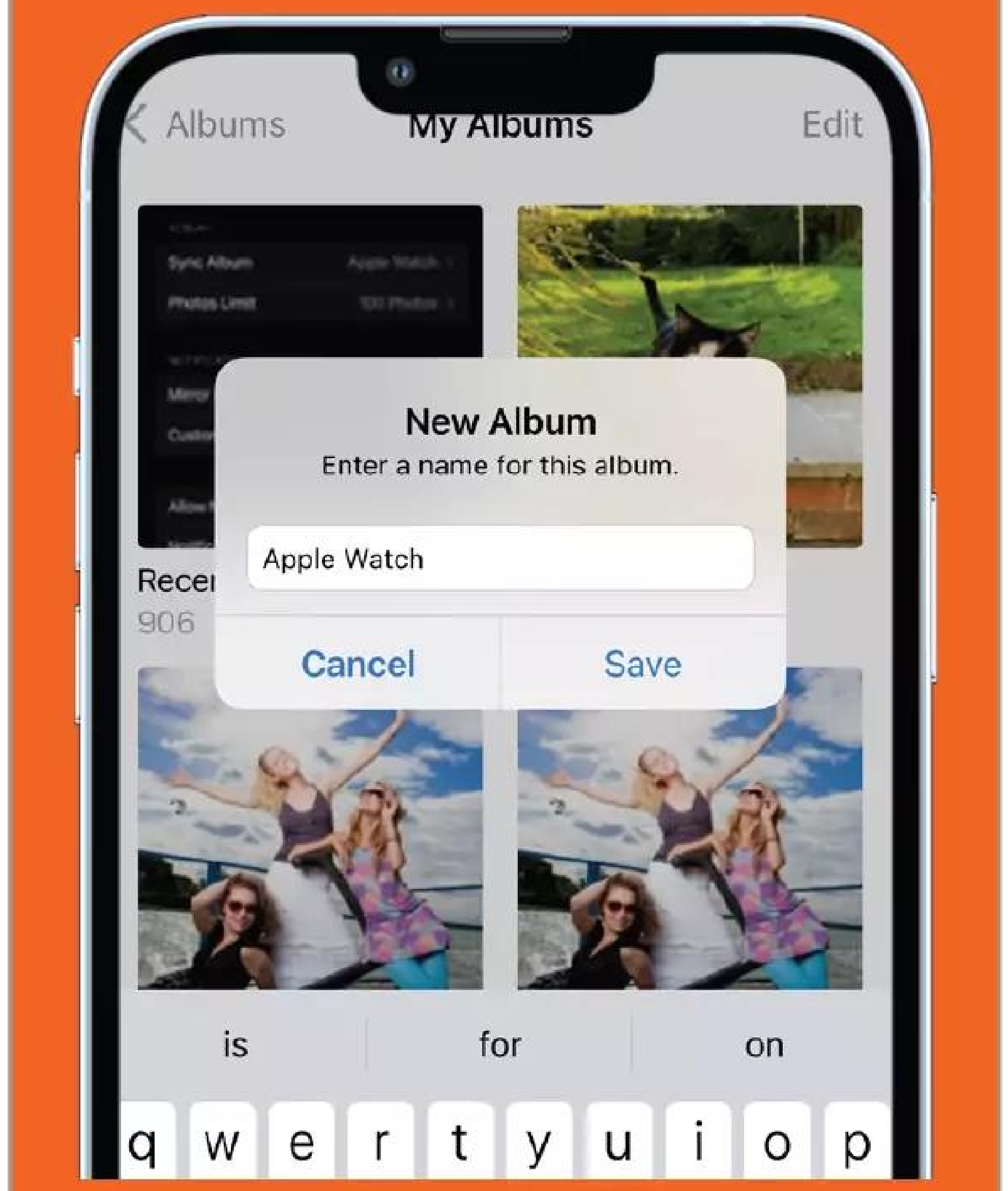
Notifications Off



4 At the foot of the page of My Watch > Photos, is an option to change the Notification Settings. By default it mirrors your iPhone. When the iPhone's app sends a notification, your watch does too. Alternatively, tap Custom and customise your Photos' notifications on your Apple Watch, to suit the way you use your watch.

5 Open the Photos app on your watch. You'll see collections that you can scroll up and down with the Digital Crown, or swipe up and down on the screen. These collections are Memory, Featured photos and the album you chose to sync. Of course, if you switched one of these syncs off on your iPhone, it won't be on your watch.

A Watch Album?



New Album

Enter a name for this album.

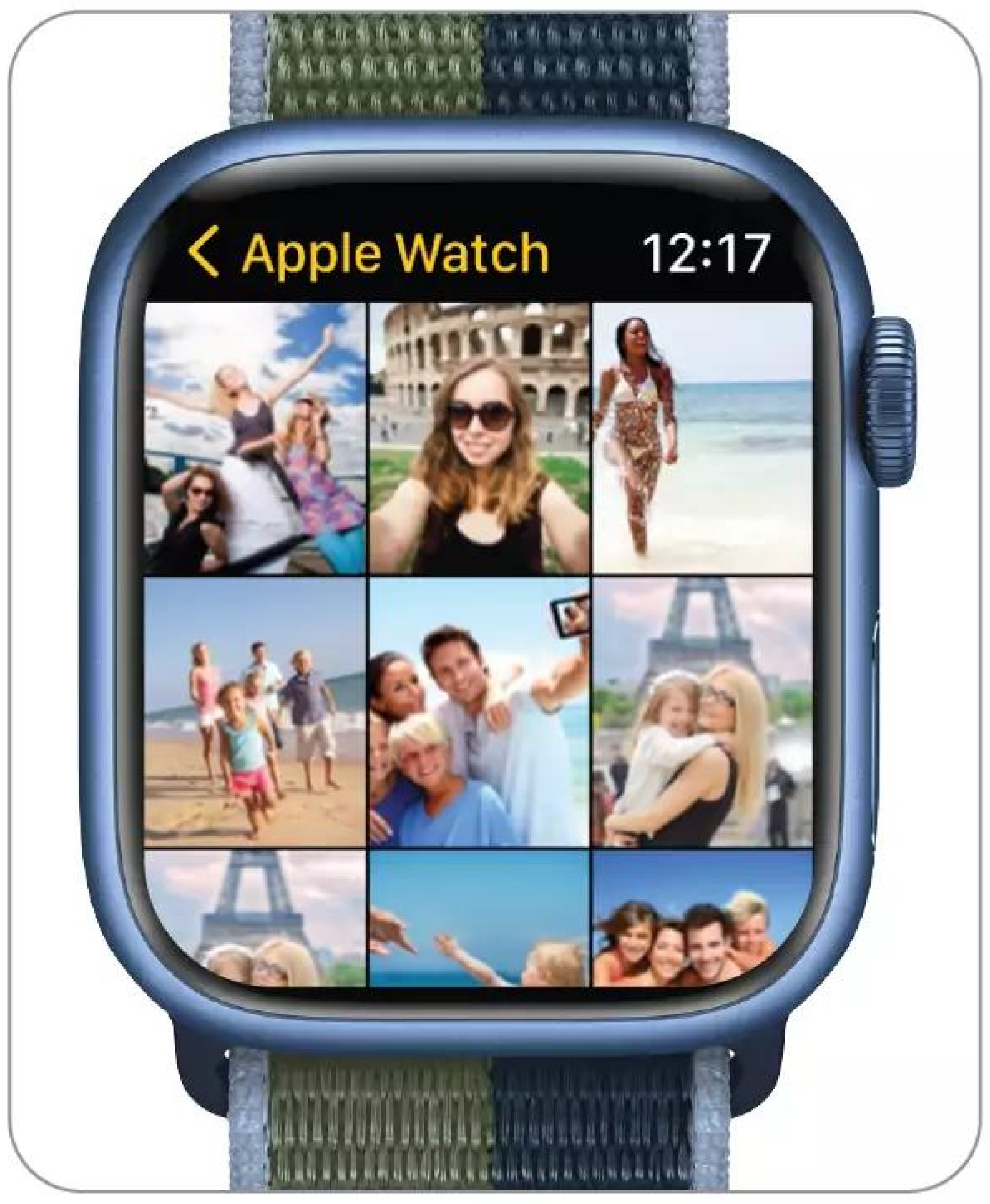
Apple Watch

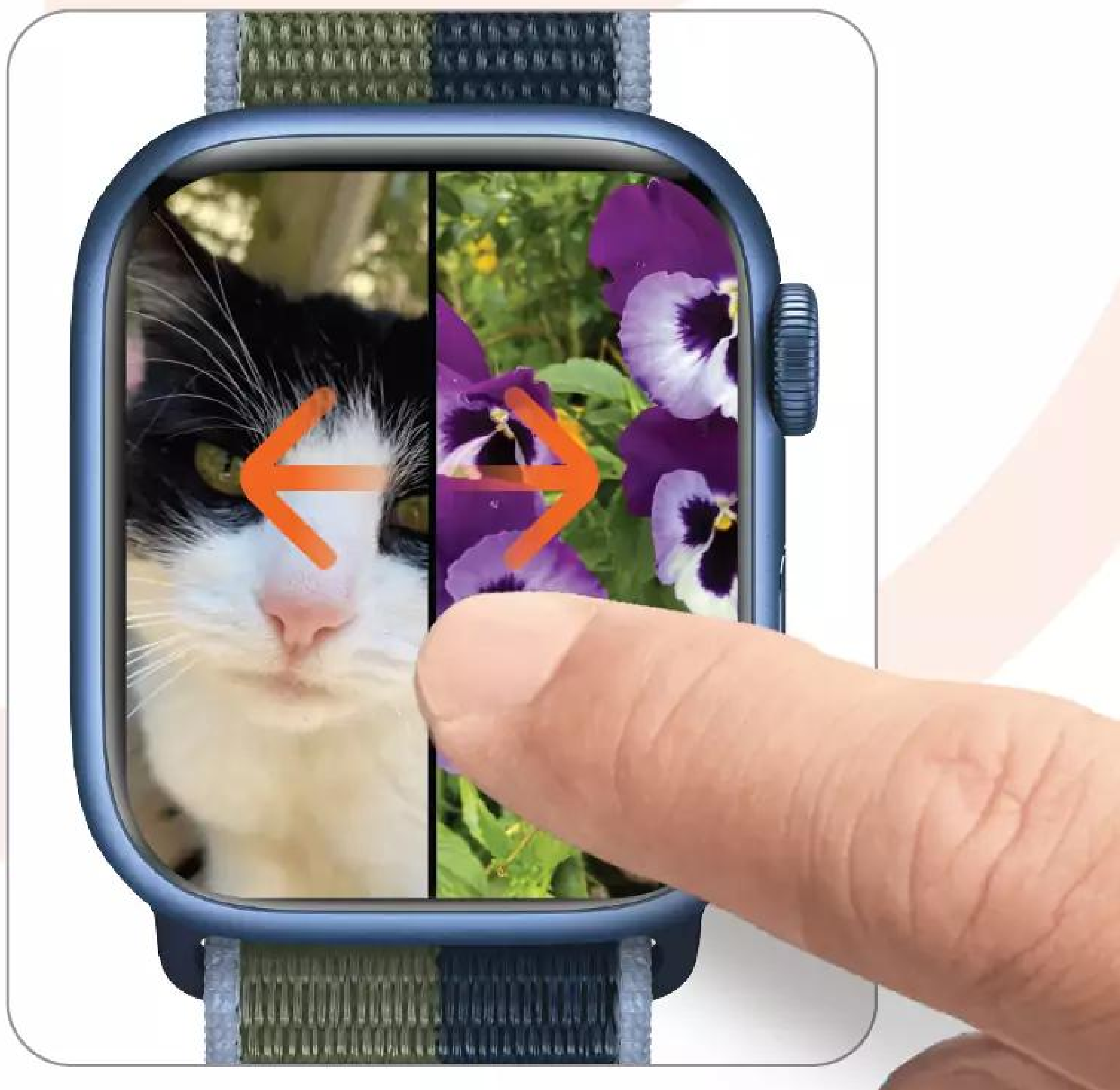
Cancel Save

6 If you want to create an album for syncing with your watch, on your iPhone, open the Photos app and tap Albums at the bottom of the screen. Tap the plus icon (top left), make a new album, give it a name and then add the photos you want to sync. Pictures you add to the new album aren't deleted from existing albums; they're still there too.

Browsing Photos

When you've synced photographs with your Apple Watch, you can enjoy them, right from your wrist. You can take a look at your family snaps without even getting your iPhone out of your pocket. It's simple and convenient.





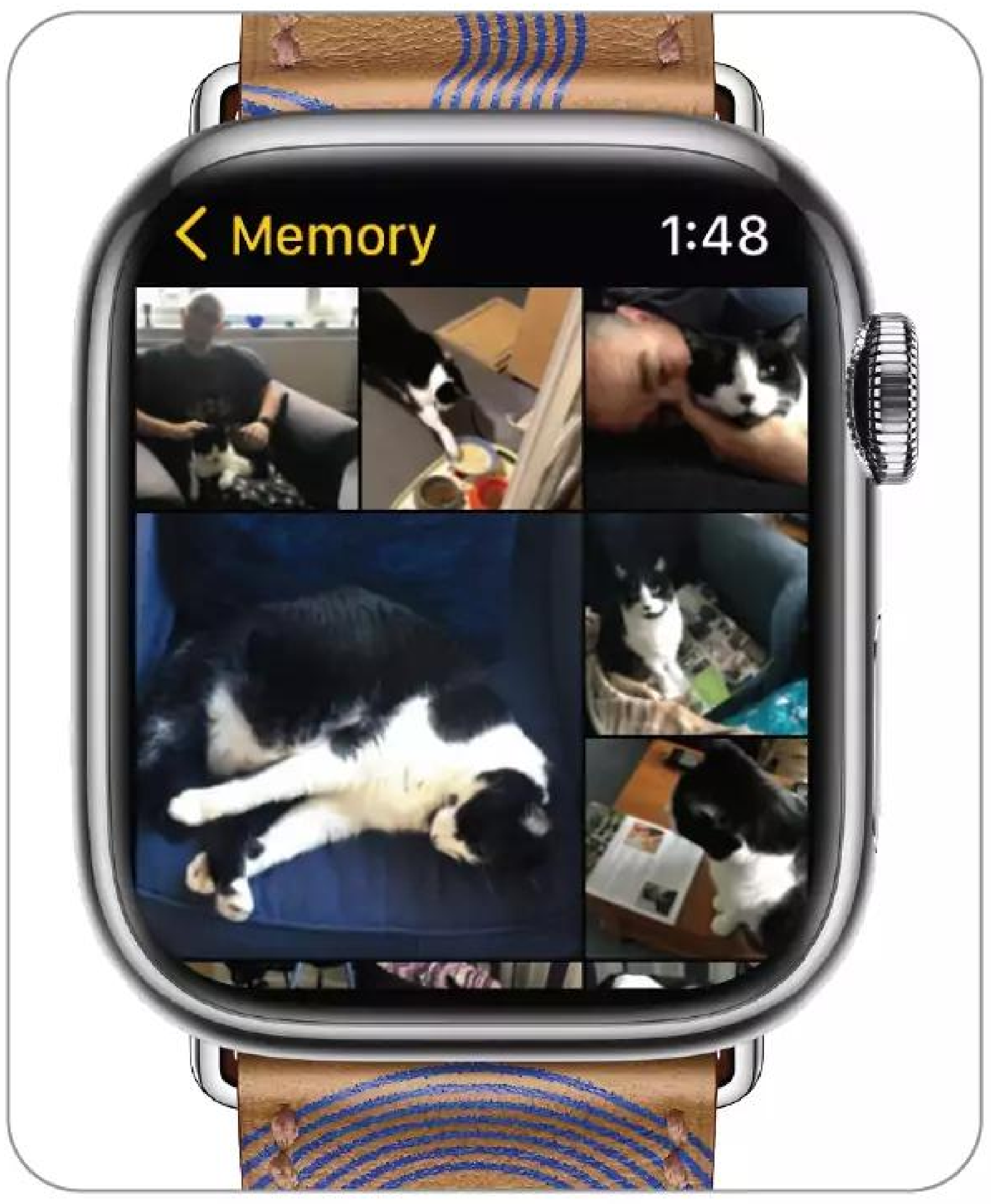
1 In the Apple Watch's Photos app, tap the Featured collection or your synced album. You'll see your pictures in a large grid. You can scroll up and down this grid by swiping up and down with your finger.

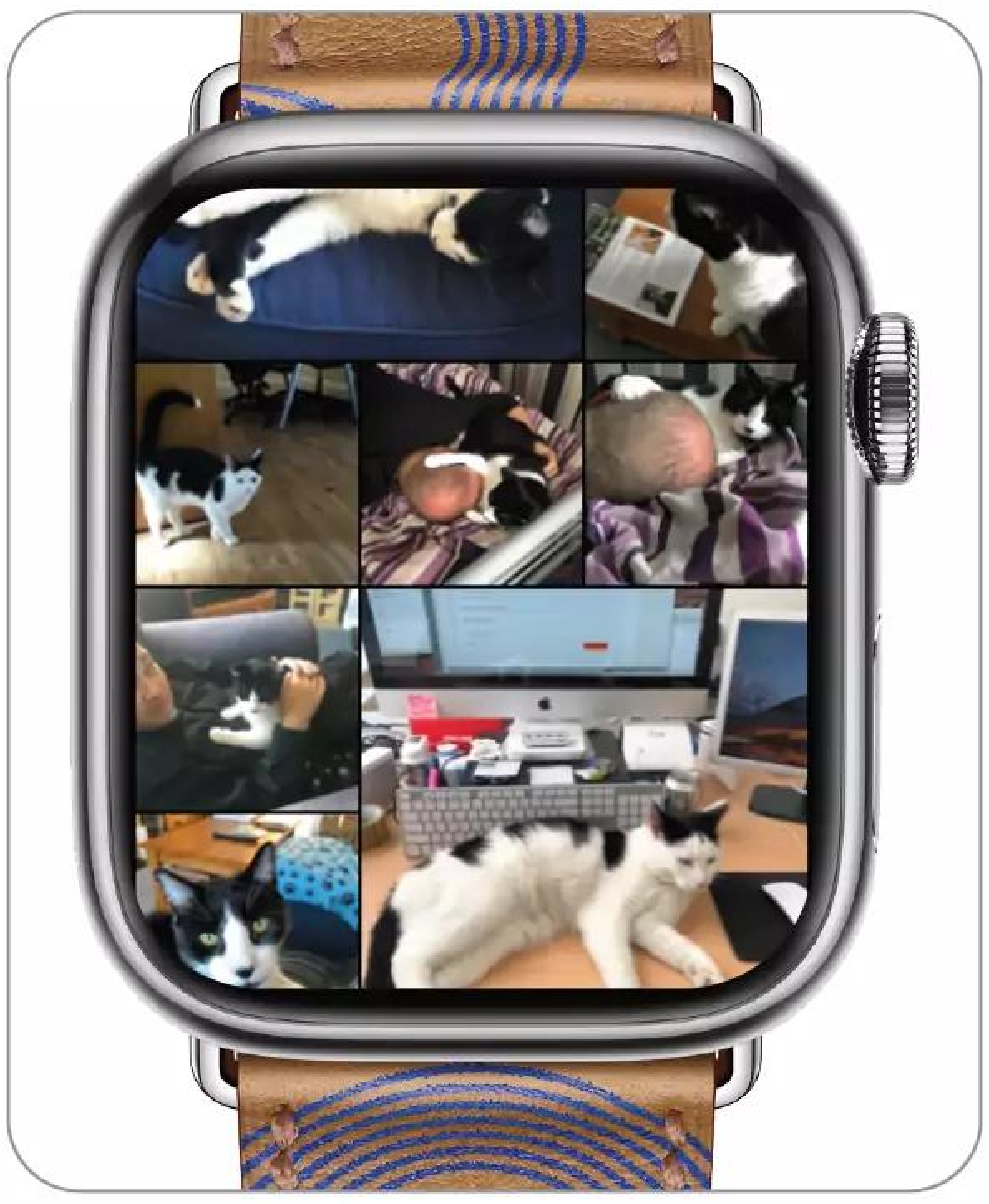
2 Tap on a photo in the grid to open it at full-size screen. Scroll in and out of the picture using your Digital Crown. To get back to the grid, turn the Digital Crown until the picture shrinks back into it.

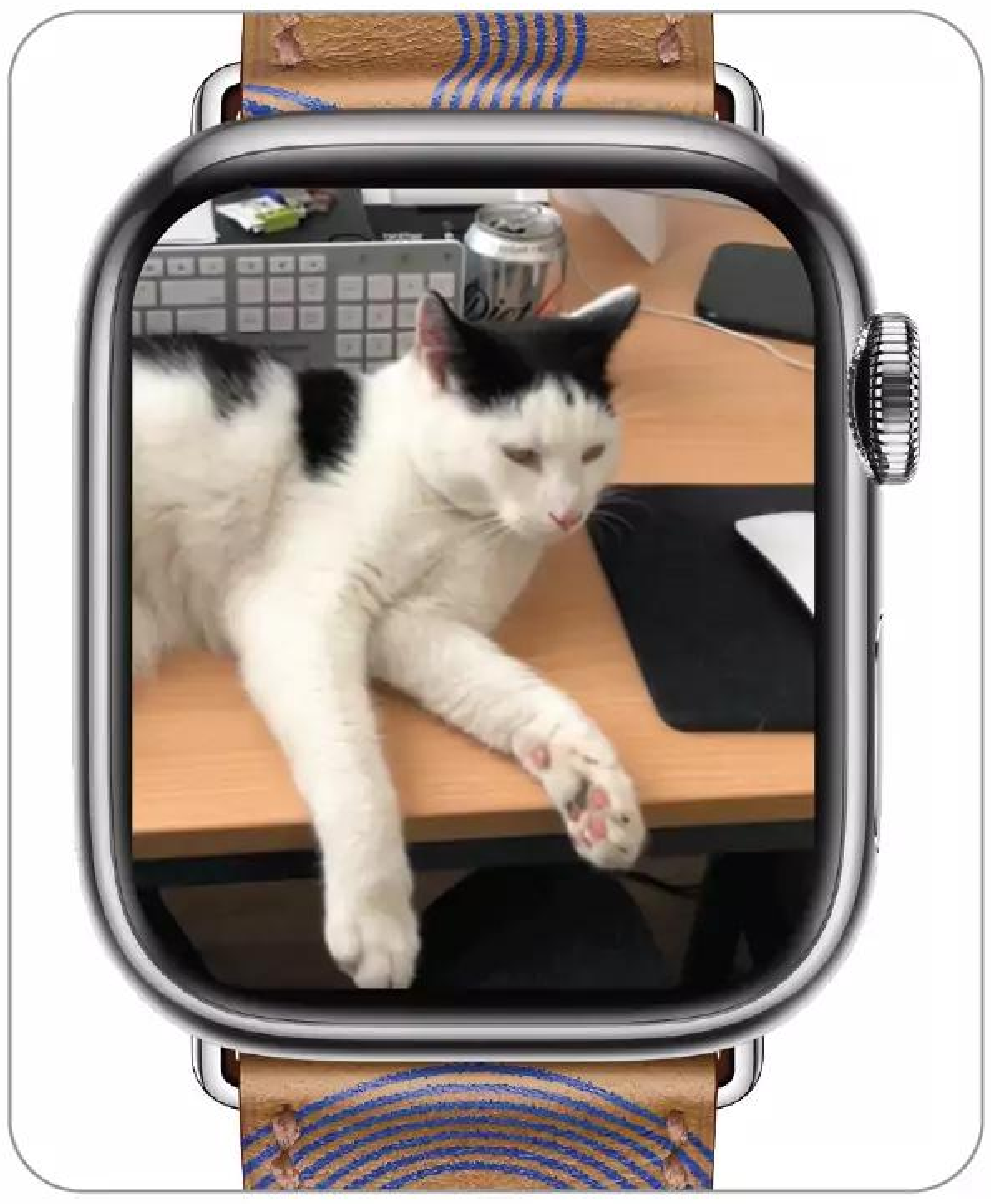
3 With a photo opened on your watch, you can move backwards and forwards through your album by swiping left and right. Note, videos aren't synced to your watch; they're ignored during syncing.

Browsing Memories

If you've chosen to sync Memories with your Apple Watch, on the front page of the watch's Photos app, you'll see a category called Memory. This works a little differently to other sections of the Apple Watch Photos app.







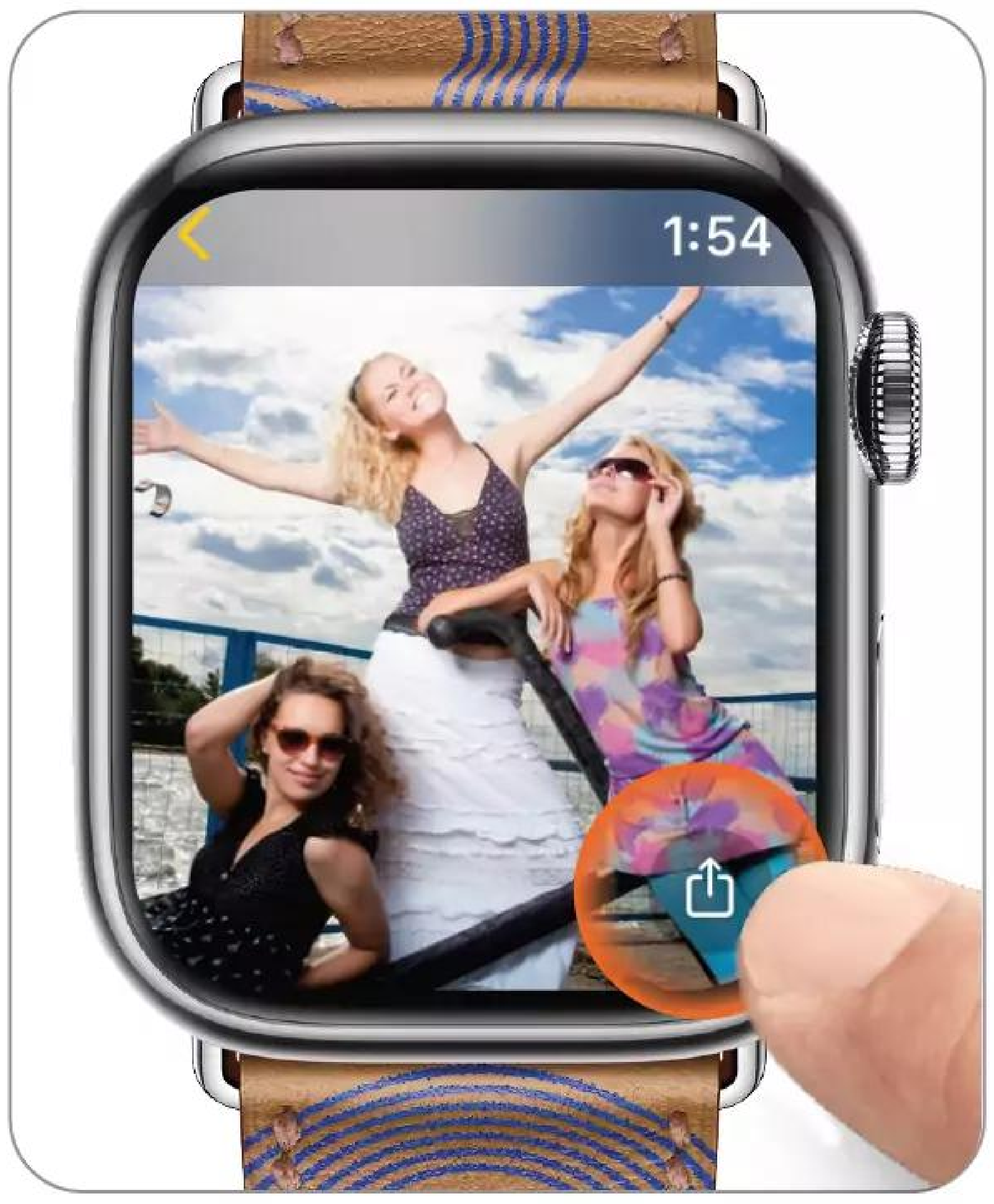
1 In your watch's Photos app, tap the Memory collection. Once again, it's displayed as a grid, but unlike the Featured and Album collections, the pictures are not the same size.

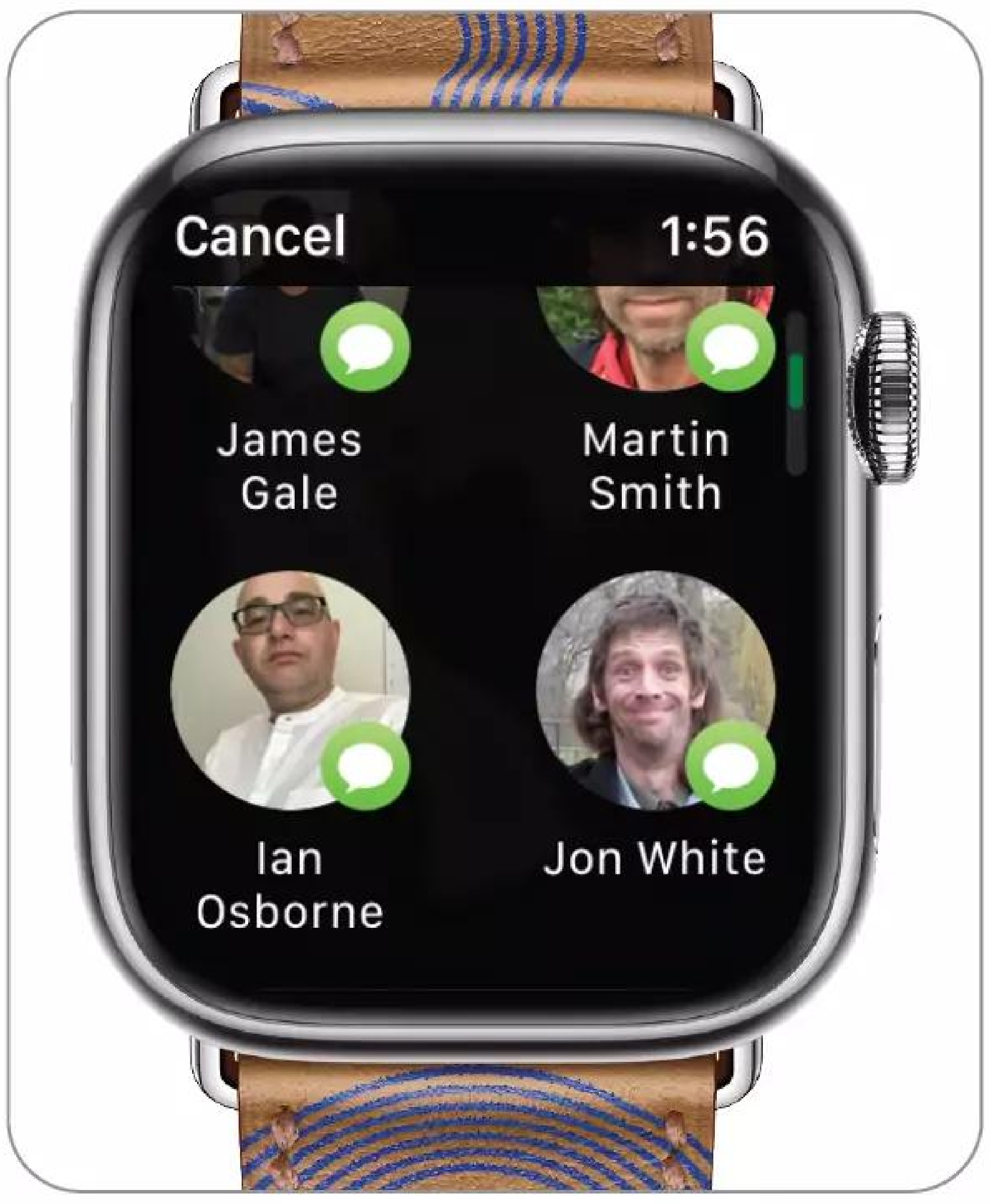
2 In contrast to the other photo categories in the Photos app, you can move up and down the grid using the Digital Crown, as well as by swiping up and down the screen with your finger.

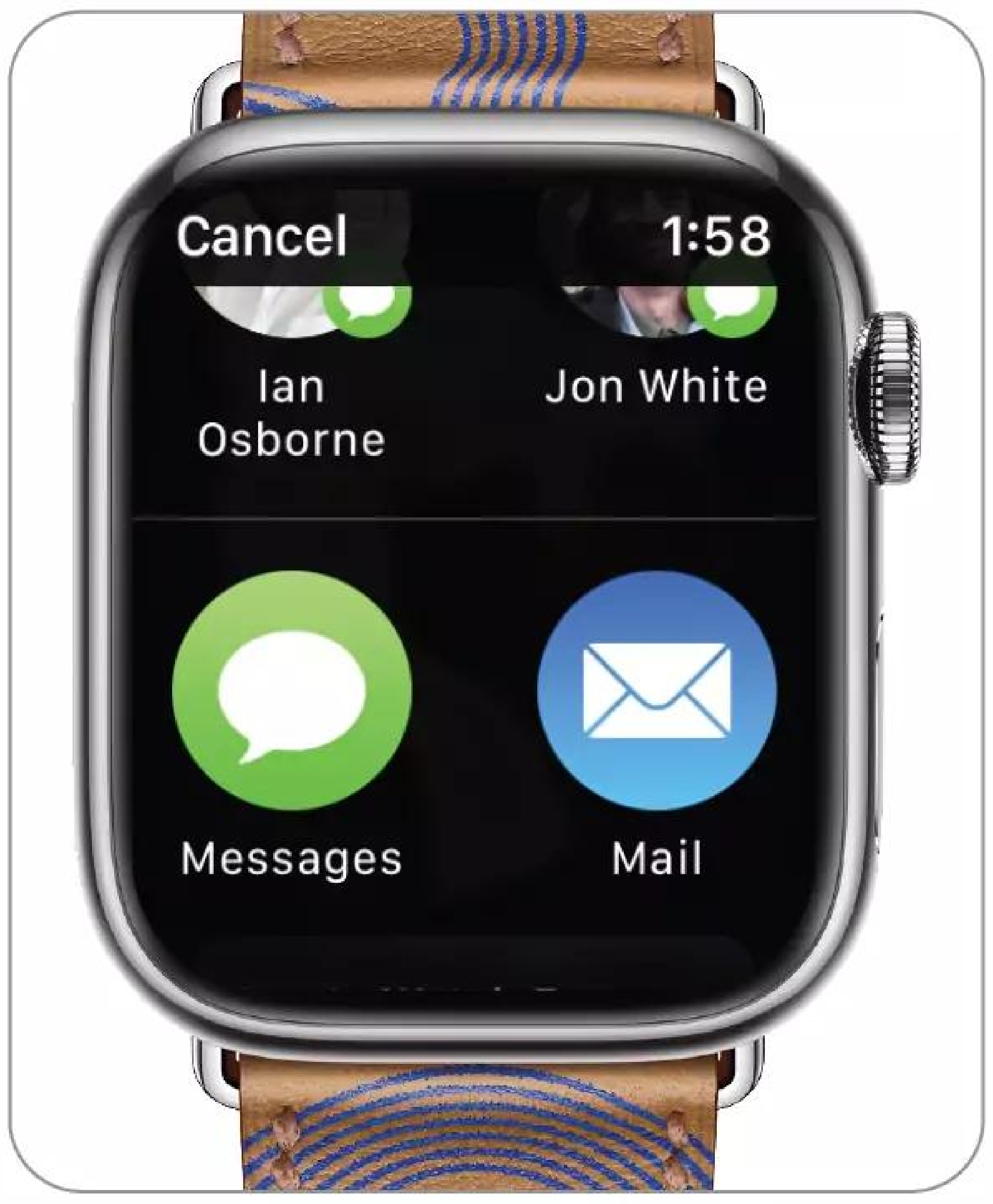
3 Open a picture by tapping it, then move in and out of the photograph by turning the Digital Crown. With the pic displayed larger than full screen, you can drag it around with your finger too.

Sharing Photos

With photos synced with your Apple Watch, you can share pictures with others, directly from your wrist. With just a few taps, you can send your friends your best photographs, so they can enjoy them too.







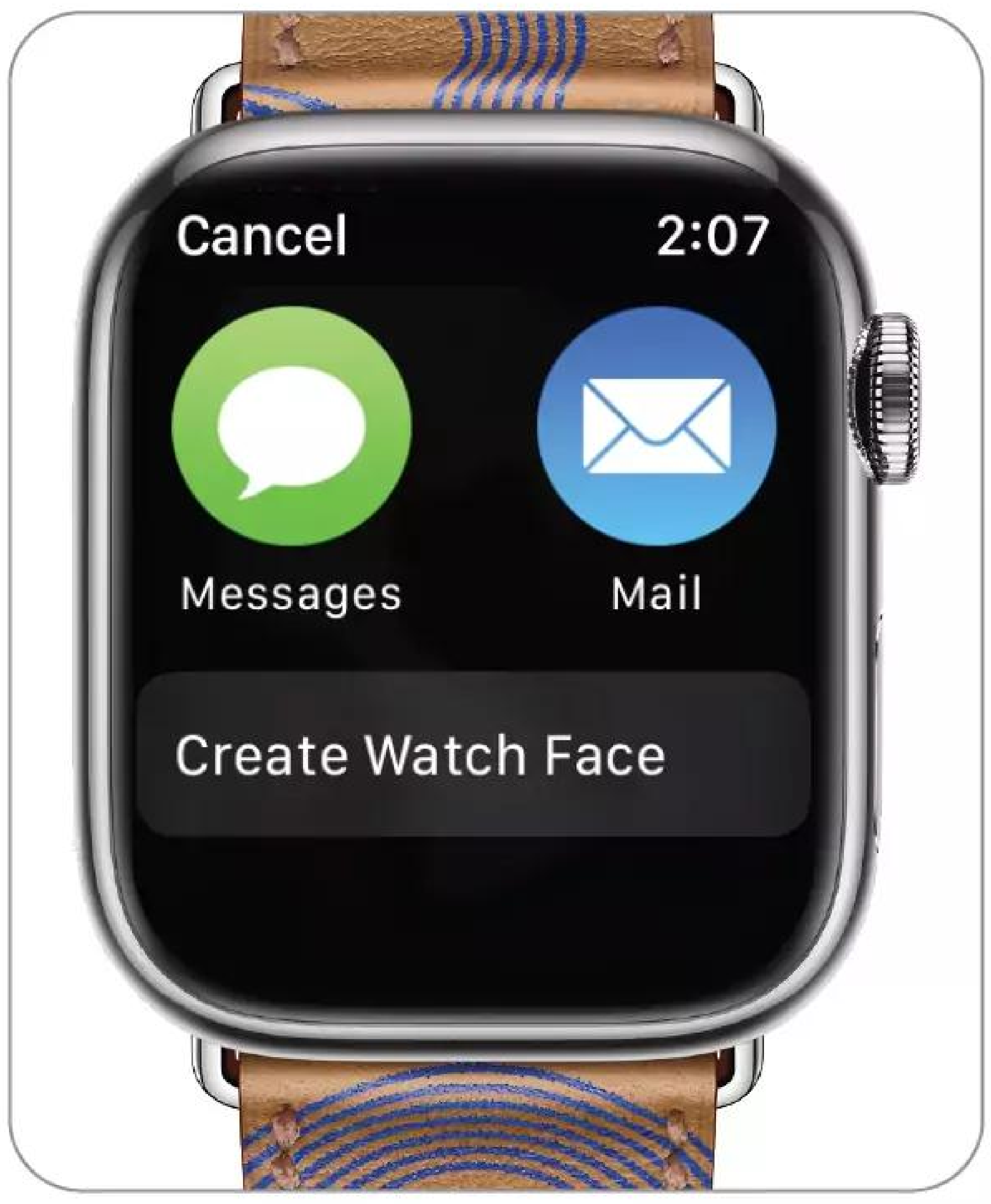
1 Navigate to the picture you want to share and tap it to open it to full screen size. If the time and controls aren't showing, tap the screen. Tap the sharing icon, bottom right.

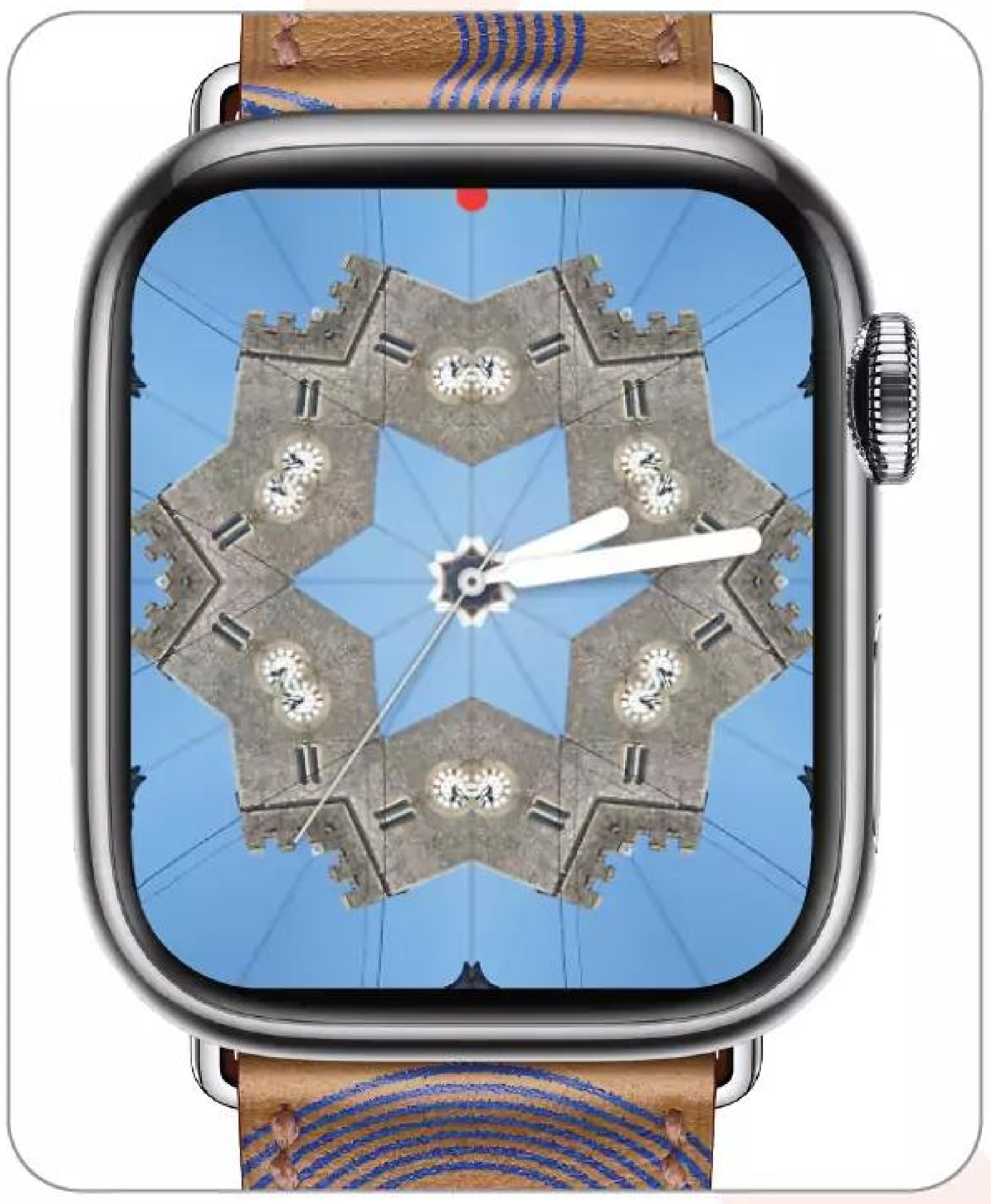
2 At the top of the next screen is a thumbnail of the photo, followed by ready-made options to share with people you regularly message. Tap one of these to send it to that person.

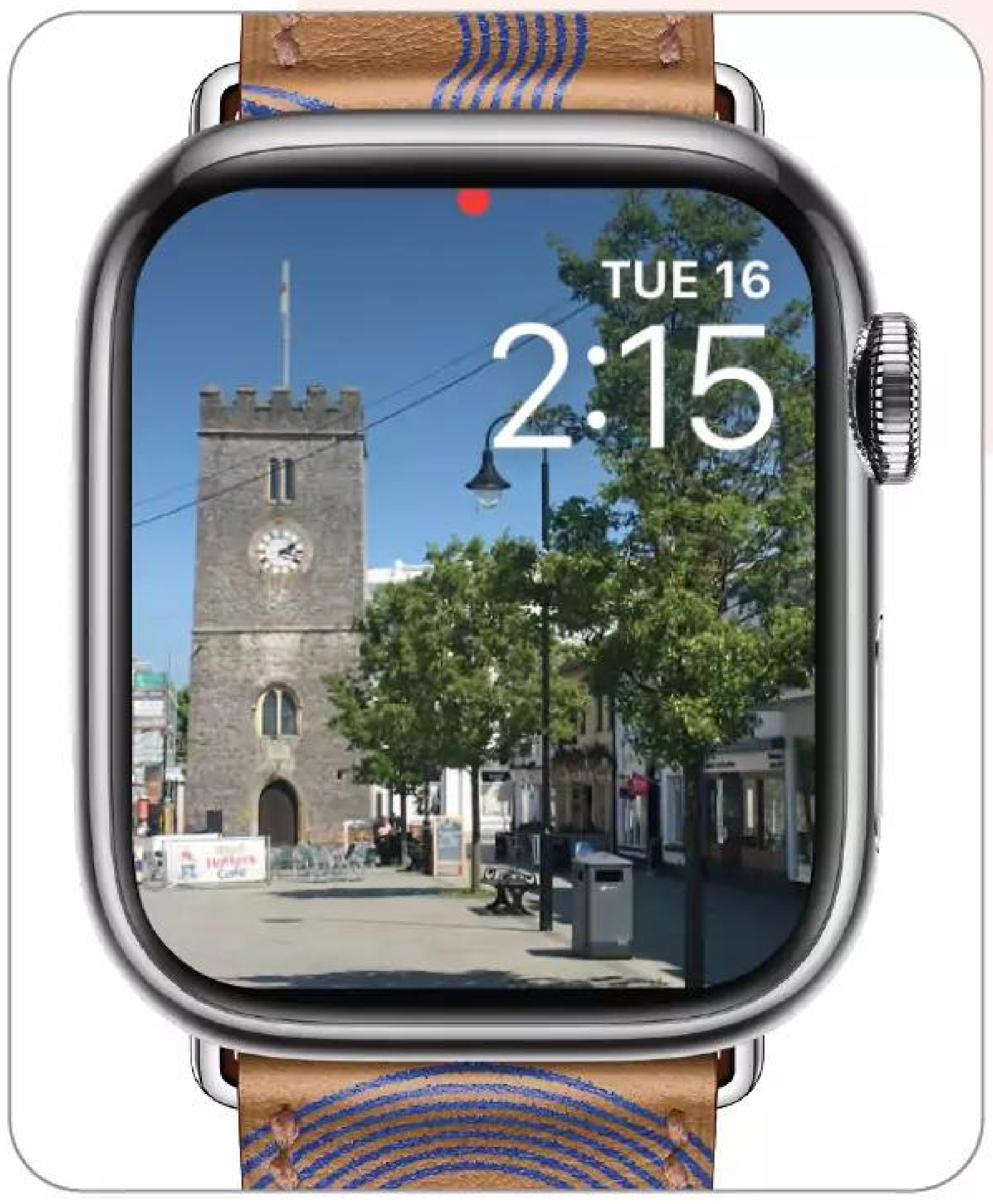
3 If the person, or sharing method, doesn't appear, scroll down to see options to mail or message the photo. Choose one, and fill in the recipient and the message, and send it.

Creating a Watch Face

You can create a watch face based on one of your photos, so you can see your favourite picture on your wrist along with a digital readout of the time. Here's how to do just that, on your trusty Apple Watch.





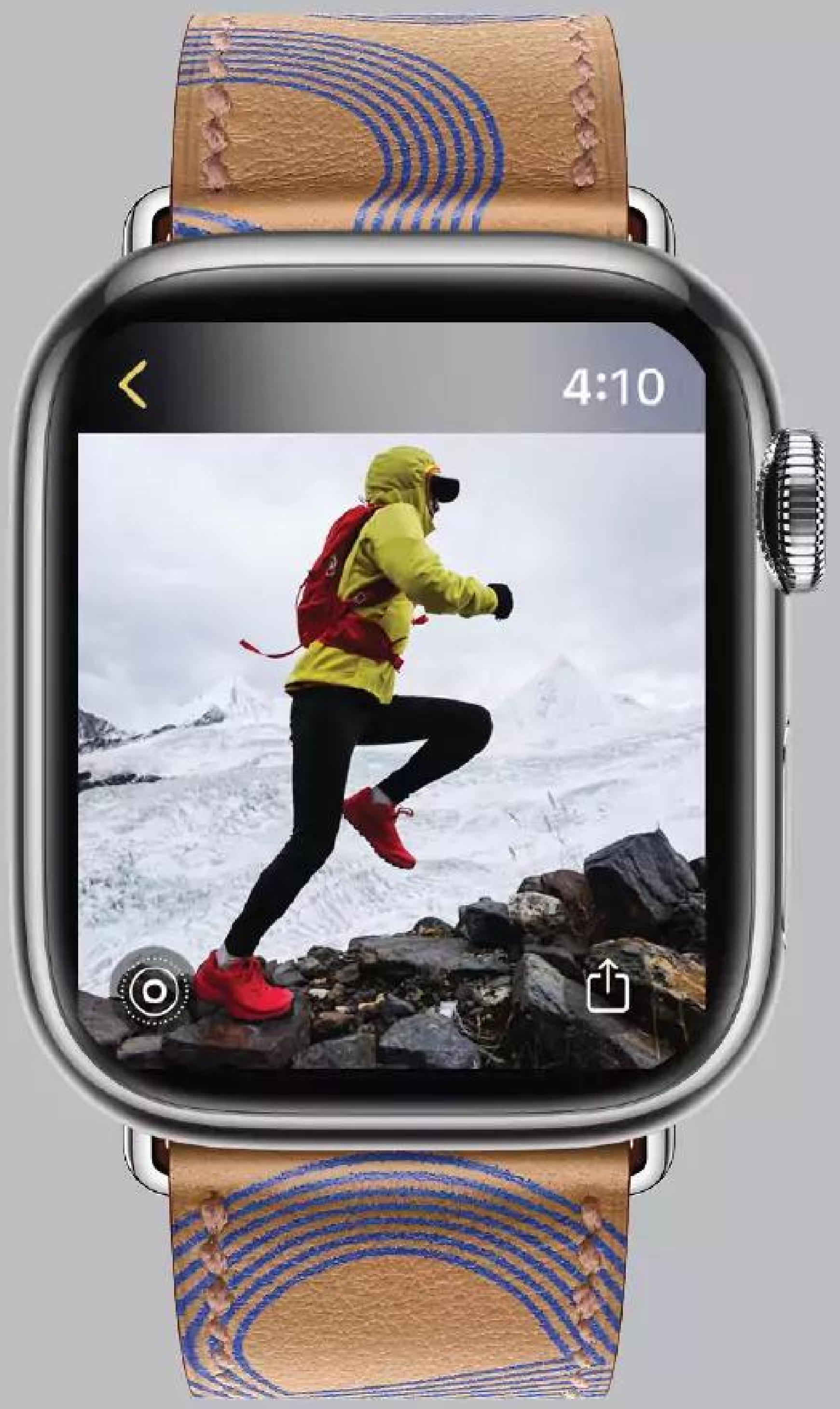


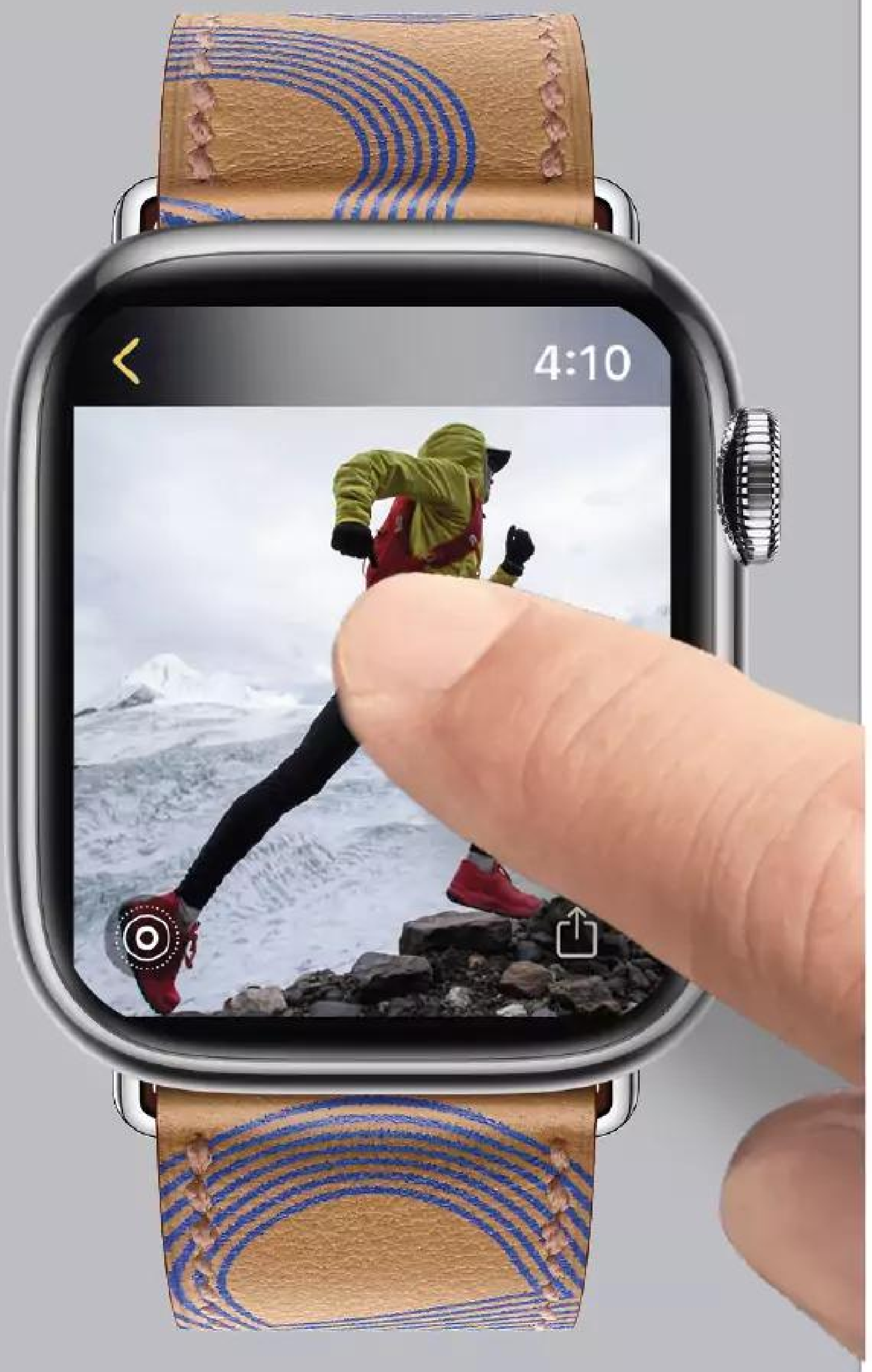
1 Choose a photo you want to use as a watch face and open it. Tap the Share icon in the bottom-right corner, and scroll with the Digital Crown until you get to the Create Watch Face button.

2 Tap Create Watch Face and choose whether you want a Kaleidoscope face or a regular Photo face. The former turns the photo into a kaleidoscope pattern on an analogue watch.

3 Opt for Photos and you get a full-screen photograph and a digital time readout. You can edit this watch face in the usual way, moving the digital time and adding complications.

Live Photos

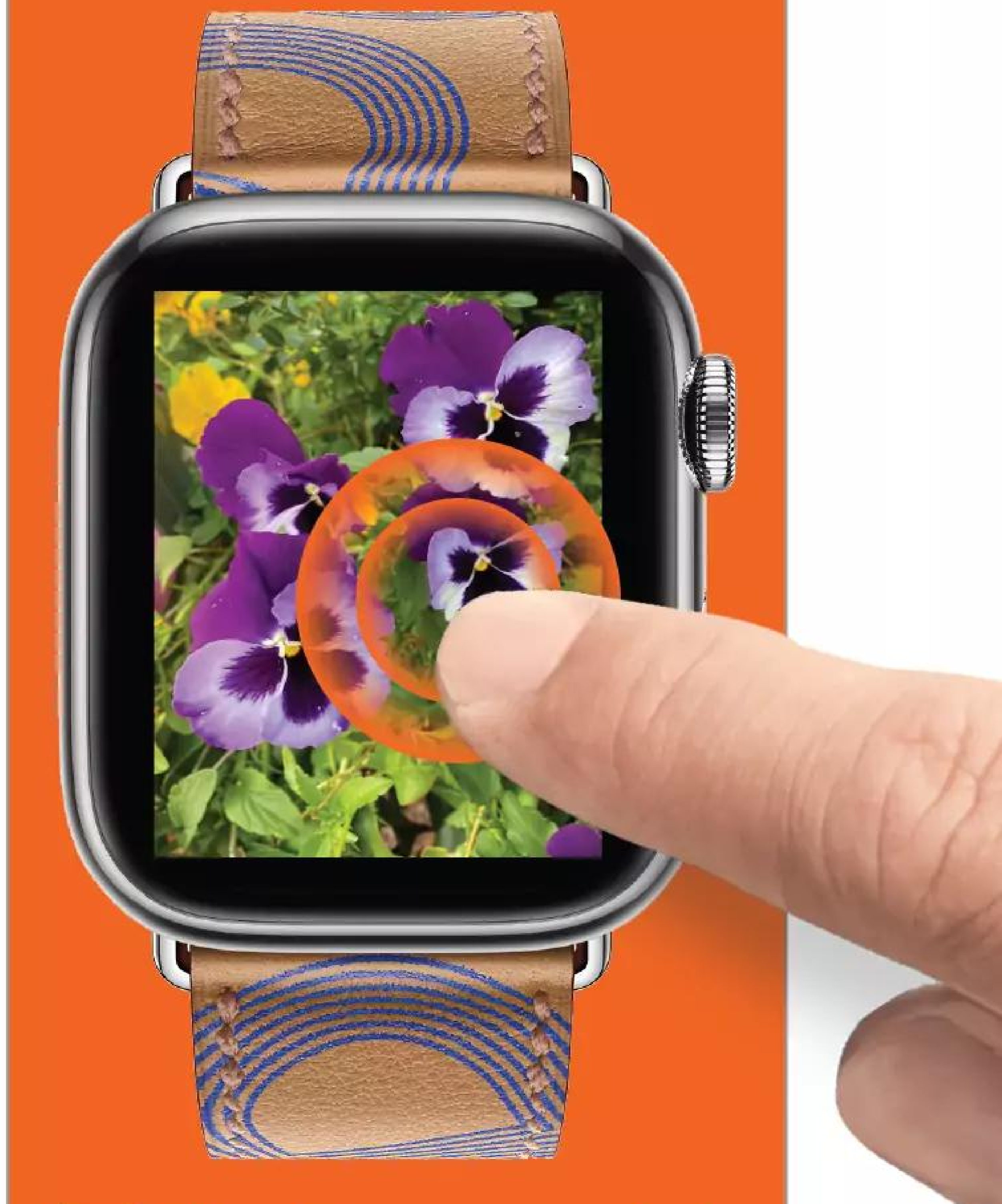




1 You know when you have a Live Photo on your Apple Watch, because when you tap it to show its top bar and icons, you see a Live Photo icon (concentric circles) in the bottom left.

2 To animate a Live Photo, tap and hold the screen, and you see the short video recorded with the picture. You can do this whether you have the icons visible on screen or not.

Resizing Photos



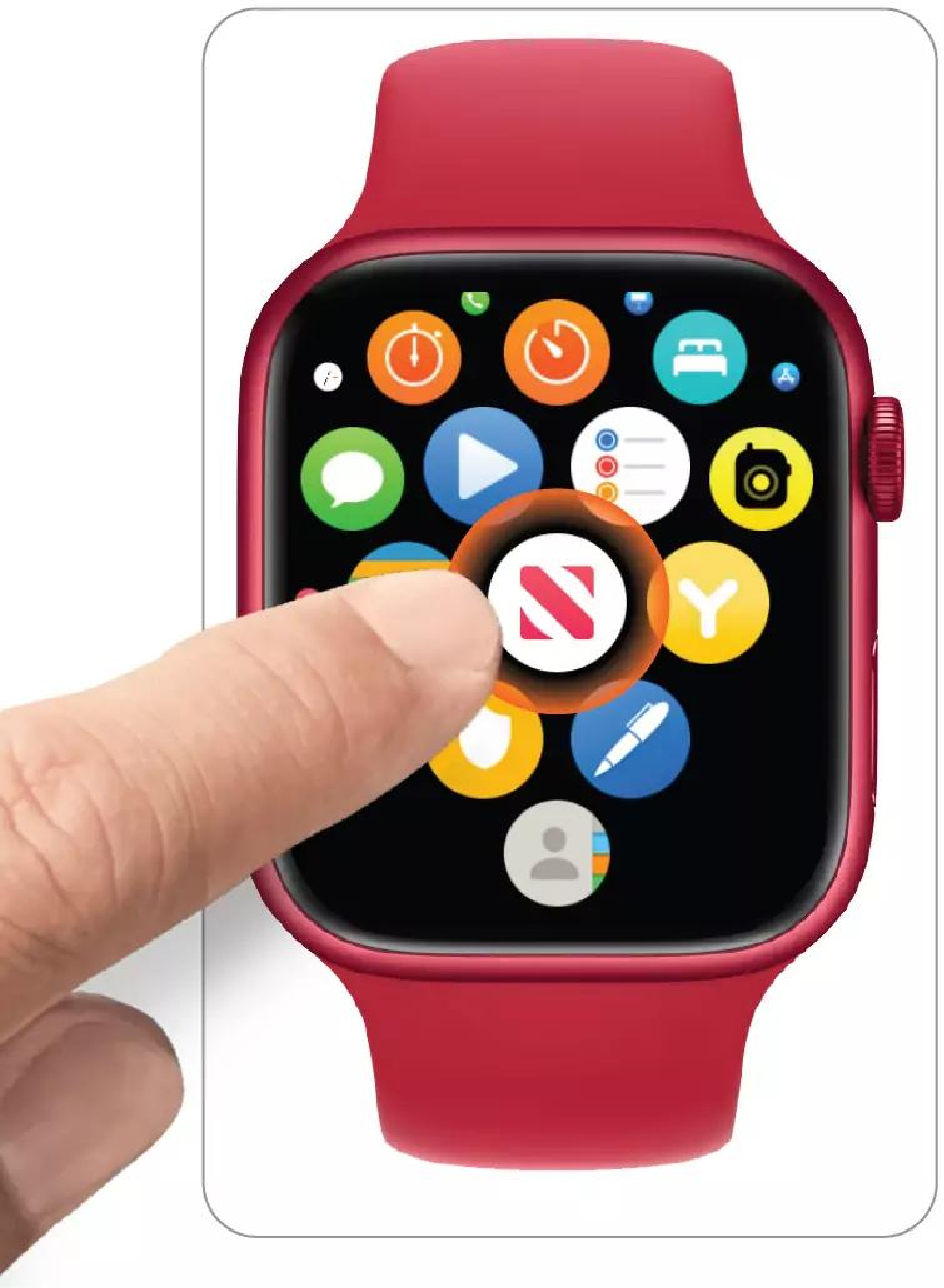
1 With a photo open on your Apple Watch, double tap the watch screen to toggle between viewing a picture that fills the entire screen, and a screen that shows the whole picture.

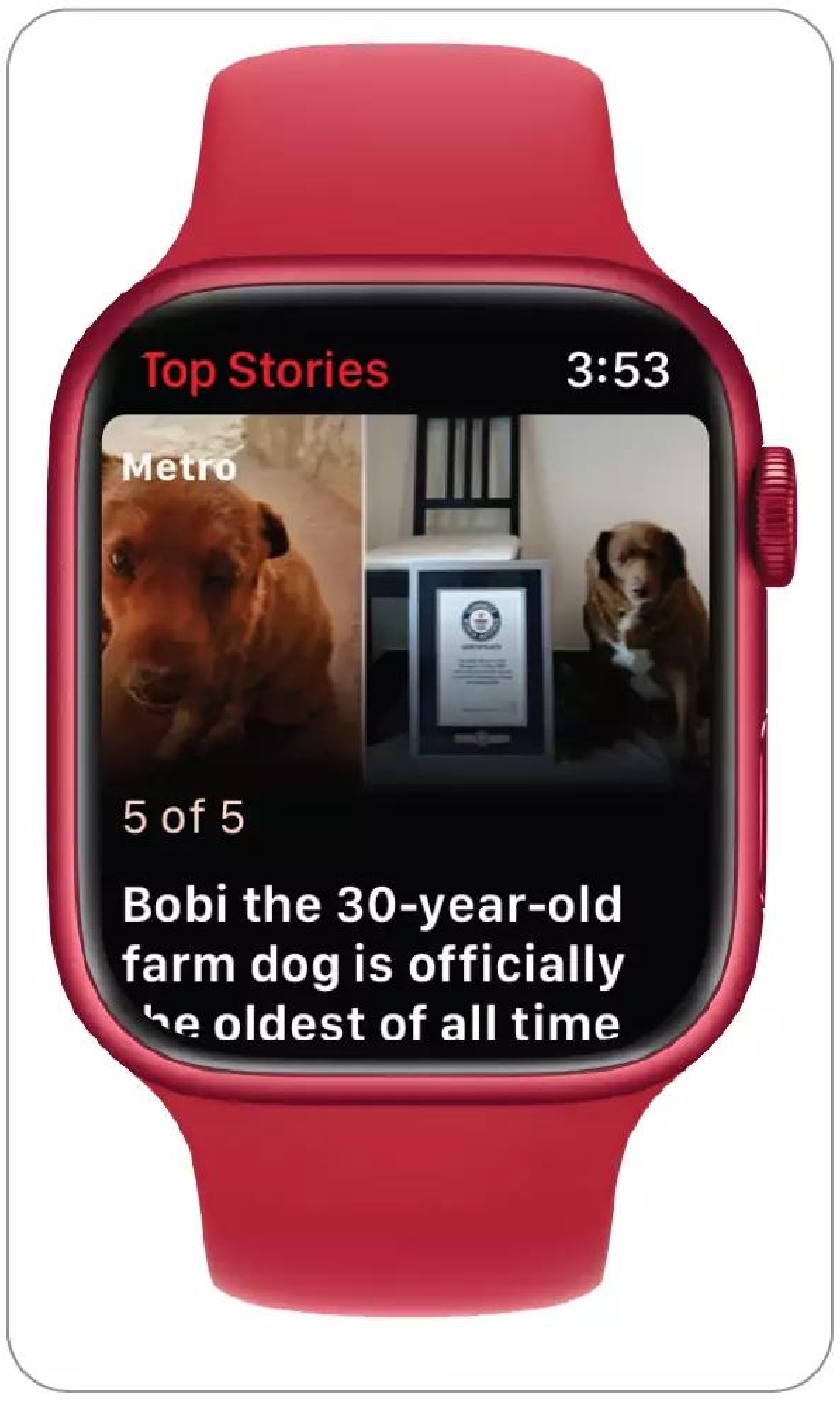
Here is the News

Apple News compiles important news stories and features from around the world and presents it to you in a single app. There's plenty of material here for free, but if you subscribe to Apple News+, you'll get access to hundreds of magazines and periodicals. The Apple Watch has a great News app, though it's not available in every region.

Using News on Apple Watch

The Apple Watch News app is amazing; drawing content from the News app on your iPhone, which you've customised and curated to give you the stories that best suit your needs and interests.



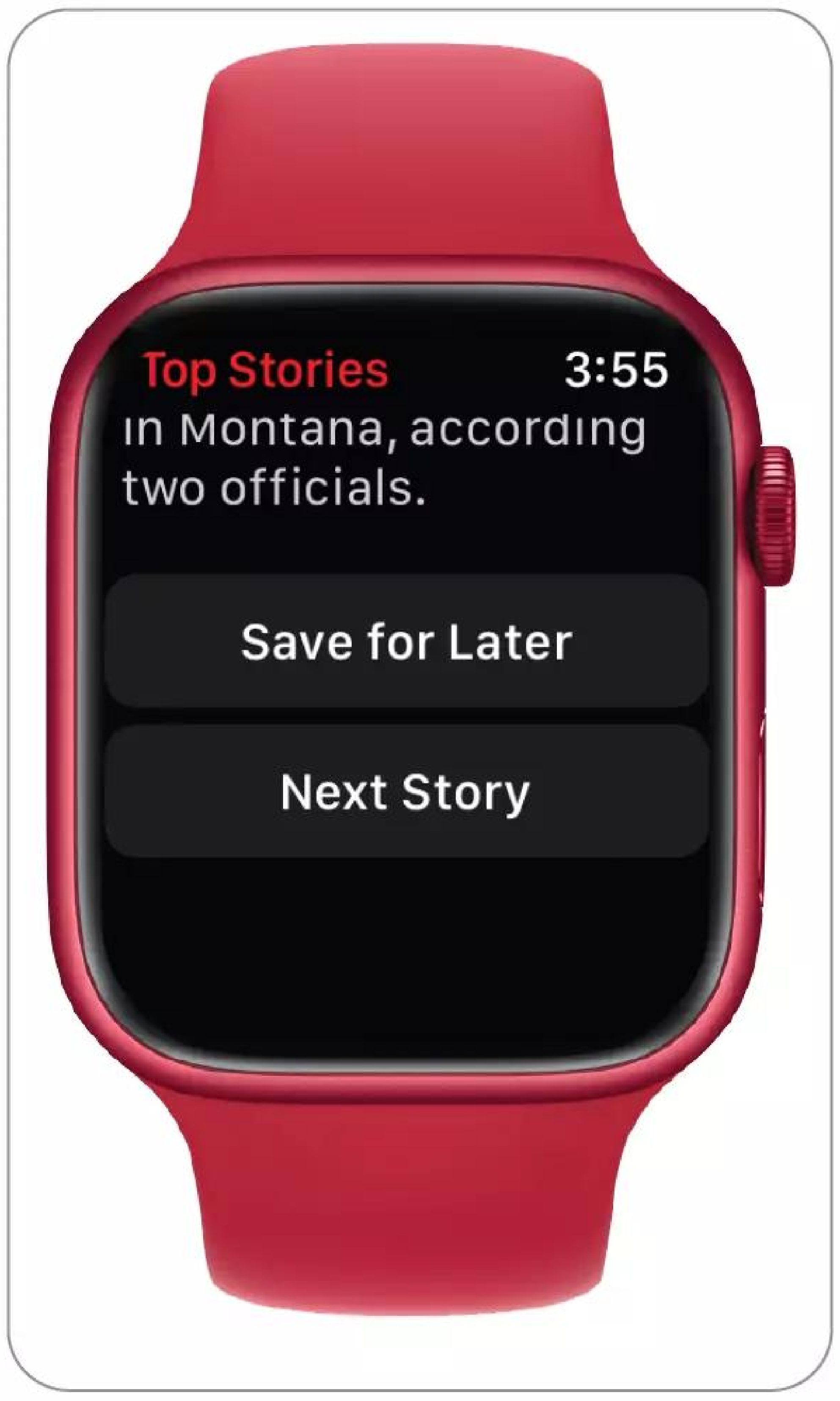


Top Stories 3:53

Metro

5 of 5

Bobi the 30-year-old farm dog is officially he oldest of all time



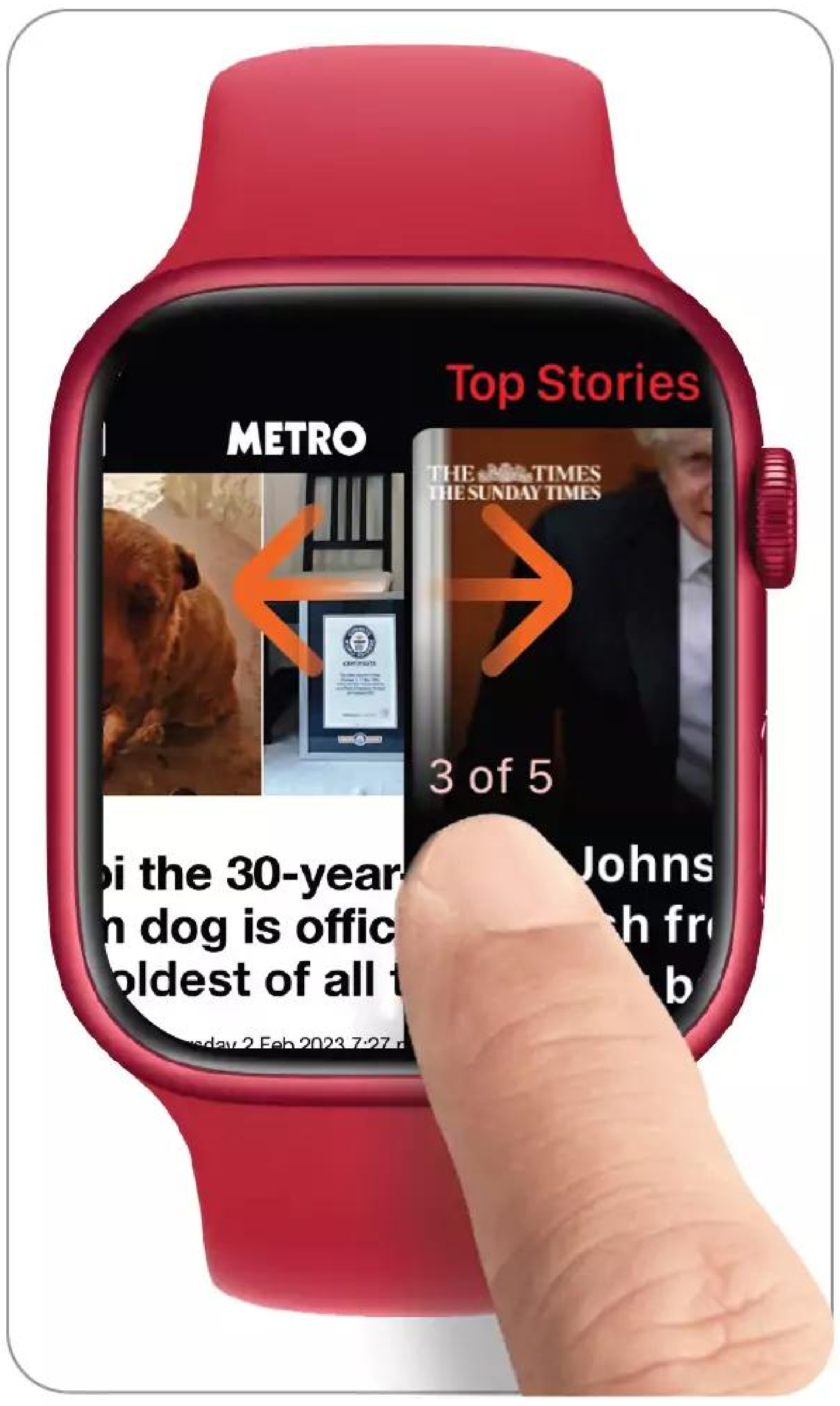
Top Stories 3:55

in Montana, according two officials.

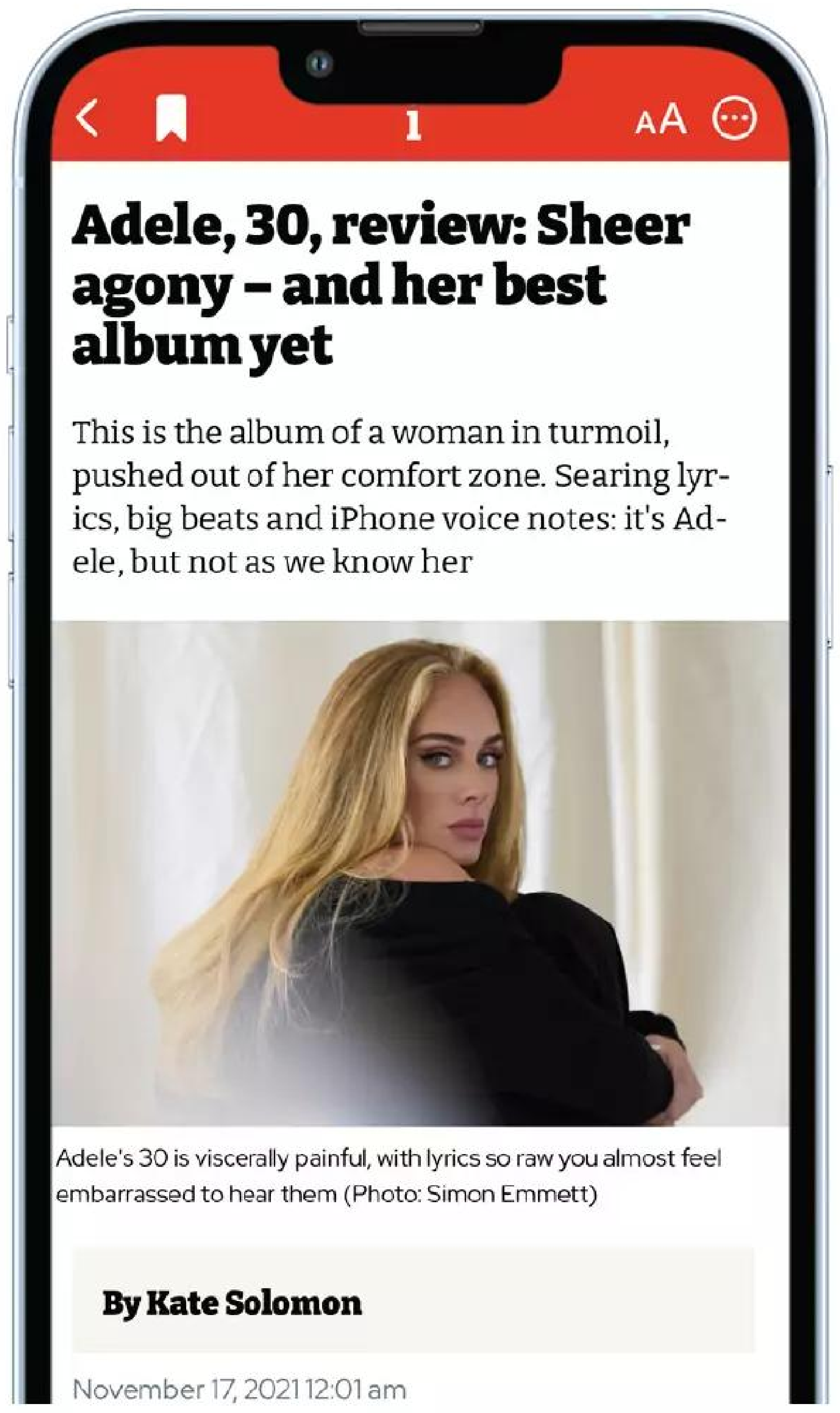
1 To open the News app on your Apple Watch, press the Digital Crown, navigate to the News icon and tap it. As is usual, the icon for the app is the same as the iPhone's News icon.

2 The News app gives you a short summary of a series of news stories. Scroll up and down the story with the Digital Crown, or use your finger to swipe up and down the screen.

3 At the foot of the story are two buttons; Save for Later and Next Story. To close the current story and open the next, tap Next Story. Save for Later lets you read it on another device.


Top Stories
METRO
THE SUNDAY TIMES
3 of 5
i the 30-year
n dog is offic
oldest of all t
Johns
h fr

4 Alternatively, you can cycle through the News stories on your Apple Watch, by swiping them right and left with your finger on the screen; going backward as well as forward.



Adele, 30, review: Sheer agony – and her best album yet

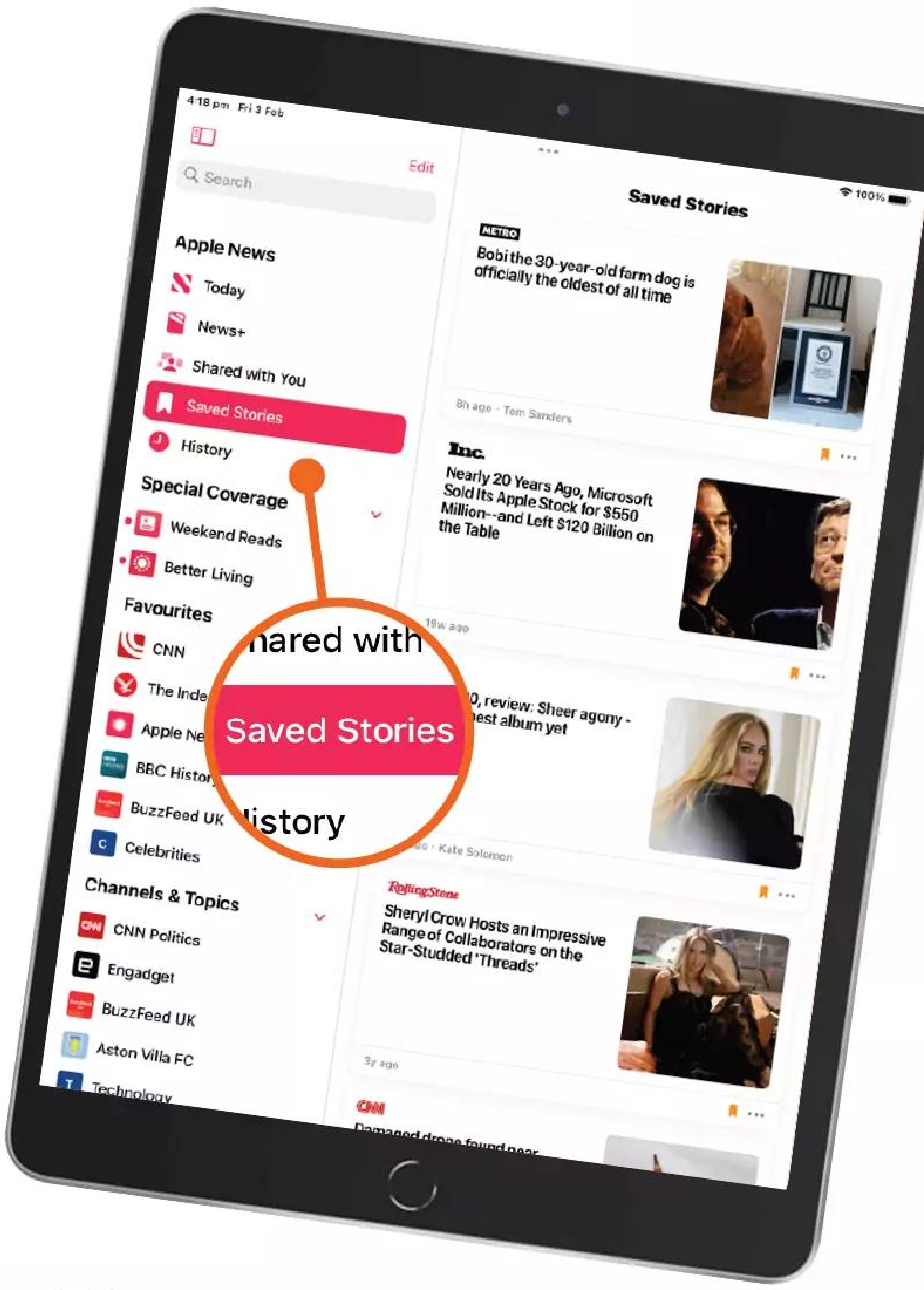
This is the album of a woman in turmoil, pushed out of her comfort zone. Searing lyrics, big beats and iPhone voice notes: it's Adele, but not as we know her

Adele's 30 is viscerally painful, with lyrics so raw you almost feel embarrassed to hear them (Photo: Simon Emmett)

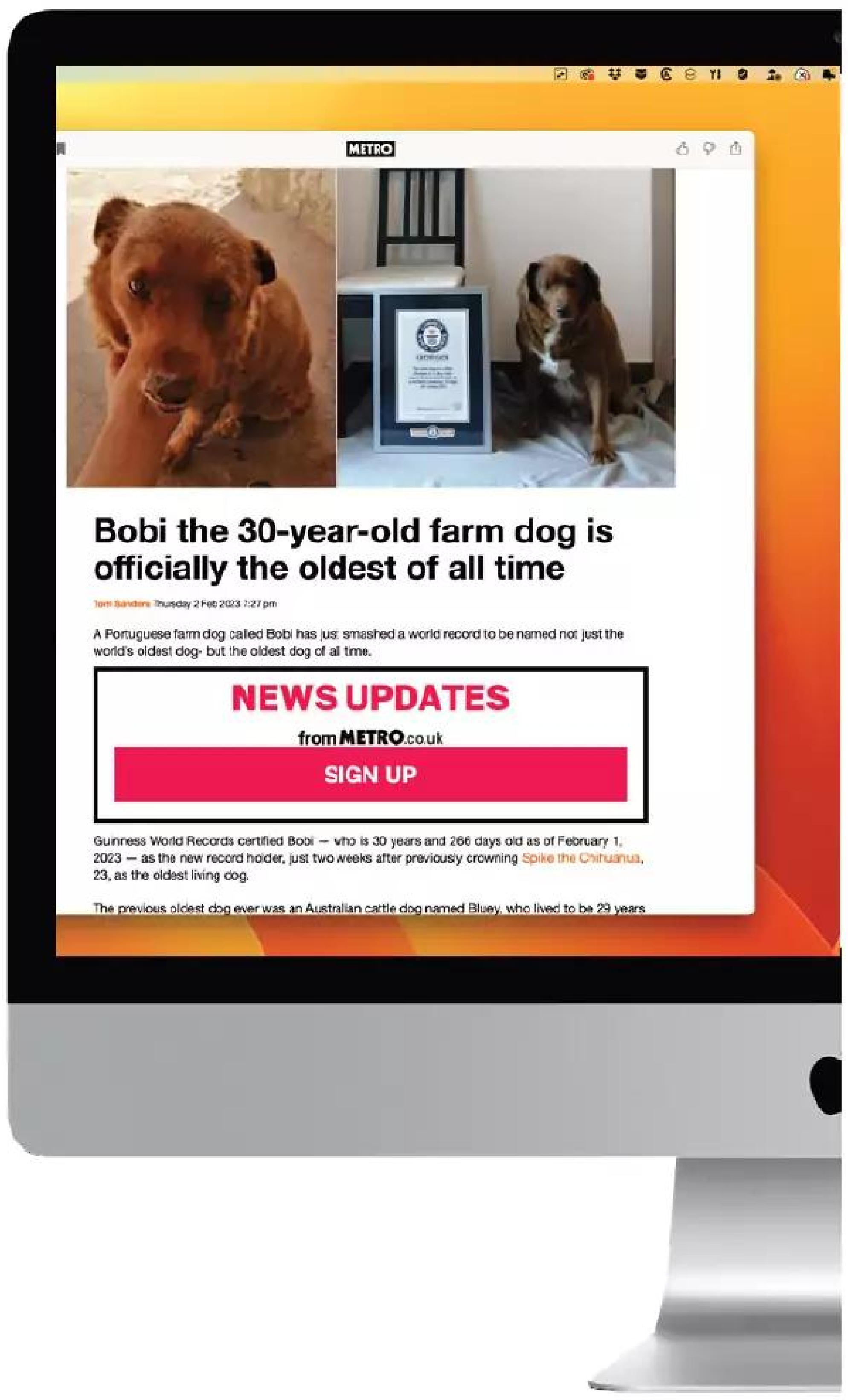
By Kate Solomon

November 17, 2021 12:01 am

5 To open a story you've Saved for Later on your iPhone, open the iPhone's News app and tap Following at the foot of the screen. Tap Saved Stories, and your story is there.


4:18 pm Fri 3 Feb
Search
Edit
Apple News
Today
News+
Shared with You
Saved Stories
History
Special Coverage
Weekend Reads
Better Living
Favourites
CNN
The Inde
Apple Ne
BBC Histor
BuzzFeed UK
Celebrities
Channels & Topics
CNN Politics
Engadget
BuzzFeed UK
Aston Villa FC
Technology
hared with
Saved Stories
istory
Saved Stories
100%
METRO
Bobi the 30-year-old farm dog is officially the oldest of all time
8h ago · Tom Sanders
Inc.
Nearly 20 Years Ago, Microsoft Sold Its Apple Stock for $550 Million--and Left $120 Billion on the Table
19w ago
0, review: Sheer agony - est album yet
Kate Solomon
RollingStone
Sheryl Crow Hosts an Impressive Range of Collaborators on the Star-Studded 'Threads'
3y ago
CNN
Damaged drone found near

6 When using an iPad's News app, on the left-hand side of the screen is a sidebar (opened with the top-left icon in portrait mode). Tap Saved Stories in this sidebar.



Bobi the 30-year-old farm dog is officially the oldest of all time

Tom Sanders Thursday 2 Feb 2023 7:27 pm

A Portuguese farm dog called Bobi has just smashed a world record to be named not just the world's oldest dog- but the oldest dog of all time.

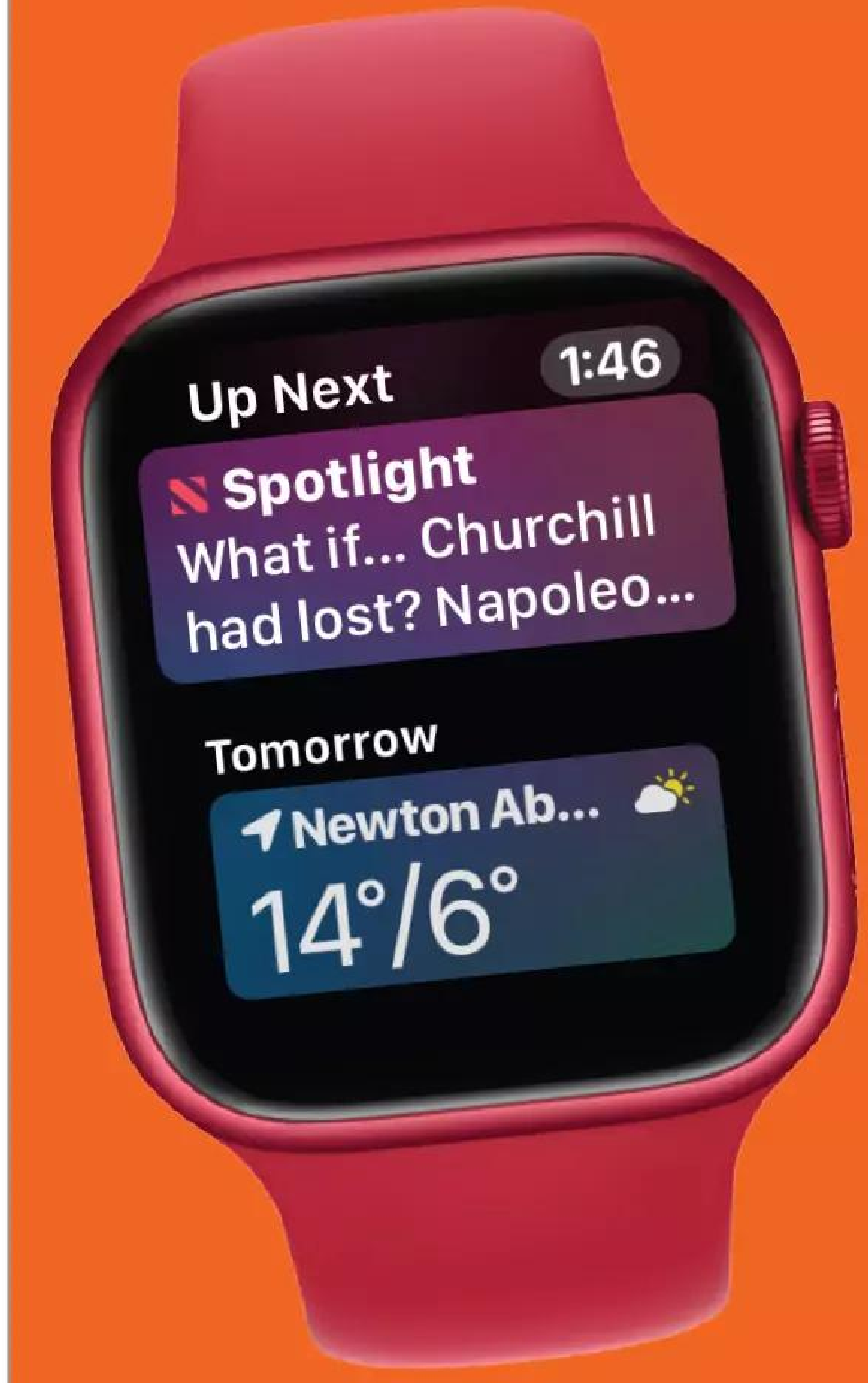
NEWS UPDATES
from METRO.co.uk
SIGN UP

Guinness World Records certified Bobi — who is 30 years and 266 days old as of February 1, 2023 — as the new record holder, just two weeks after previously crowning Spike the Chihuahua, 23, as the oldest living dog.

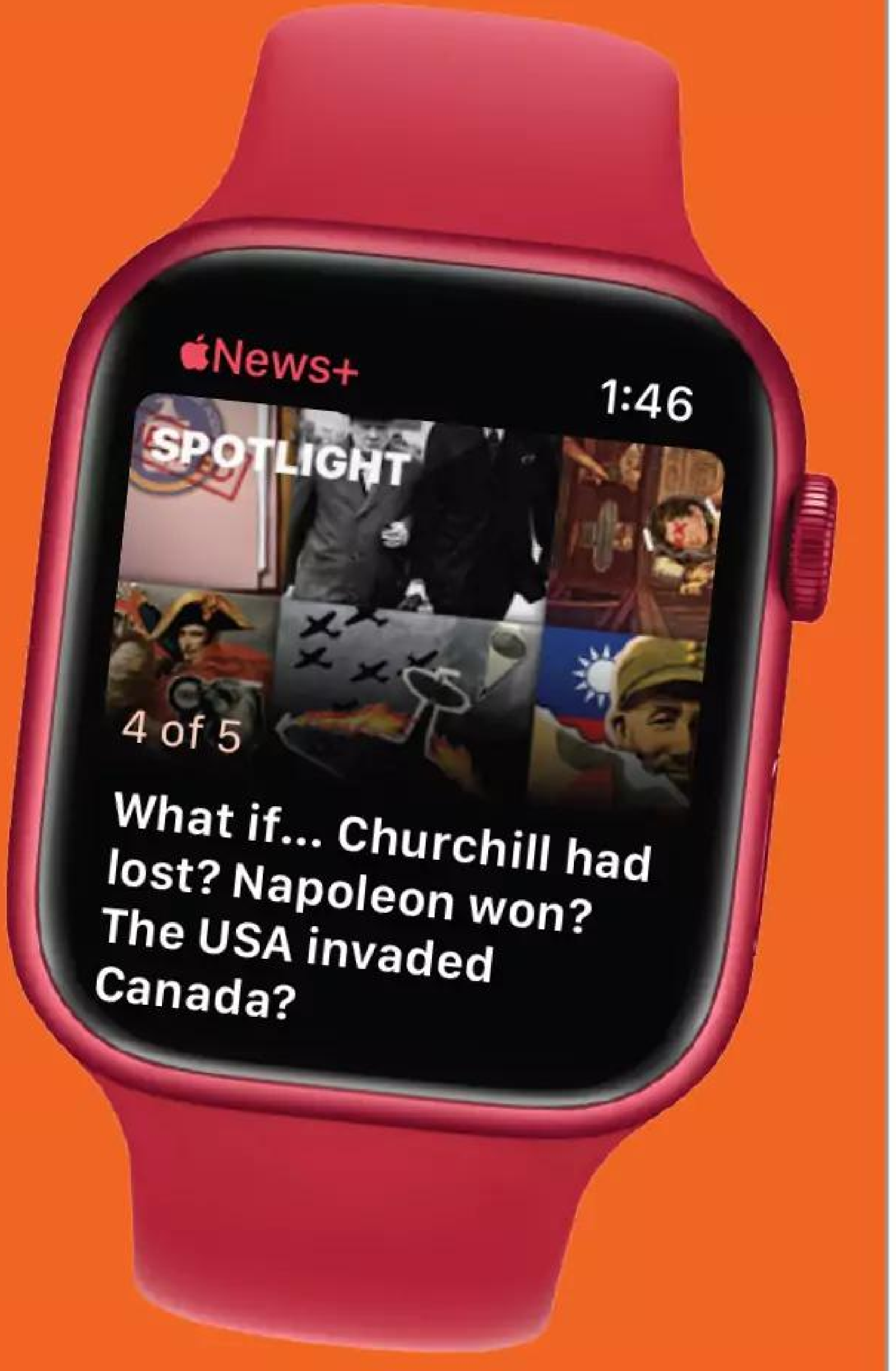
The previous oldest dog ever was an Australian cattle dog named Bluey, who lived to be 29 years

7 On a Mac's News app, there's a sidebar on the left-hand side of the app, unless you closed it. Click the Sidebar icon to open it again. Tap Saved Stories and your story is there.

The Siri Face


Up Next
1:46
Spotlight
What if... Churchill had lost? Napoleo...
Tomorrow
Newton Ab...
14°/6°

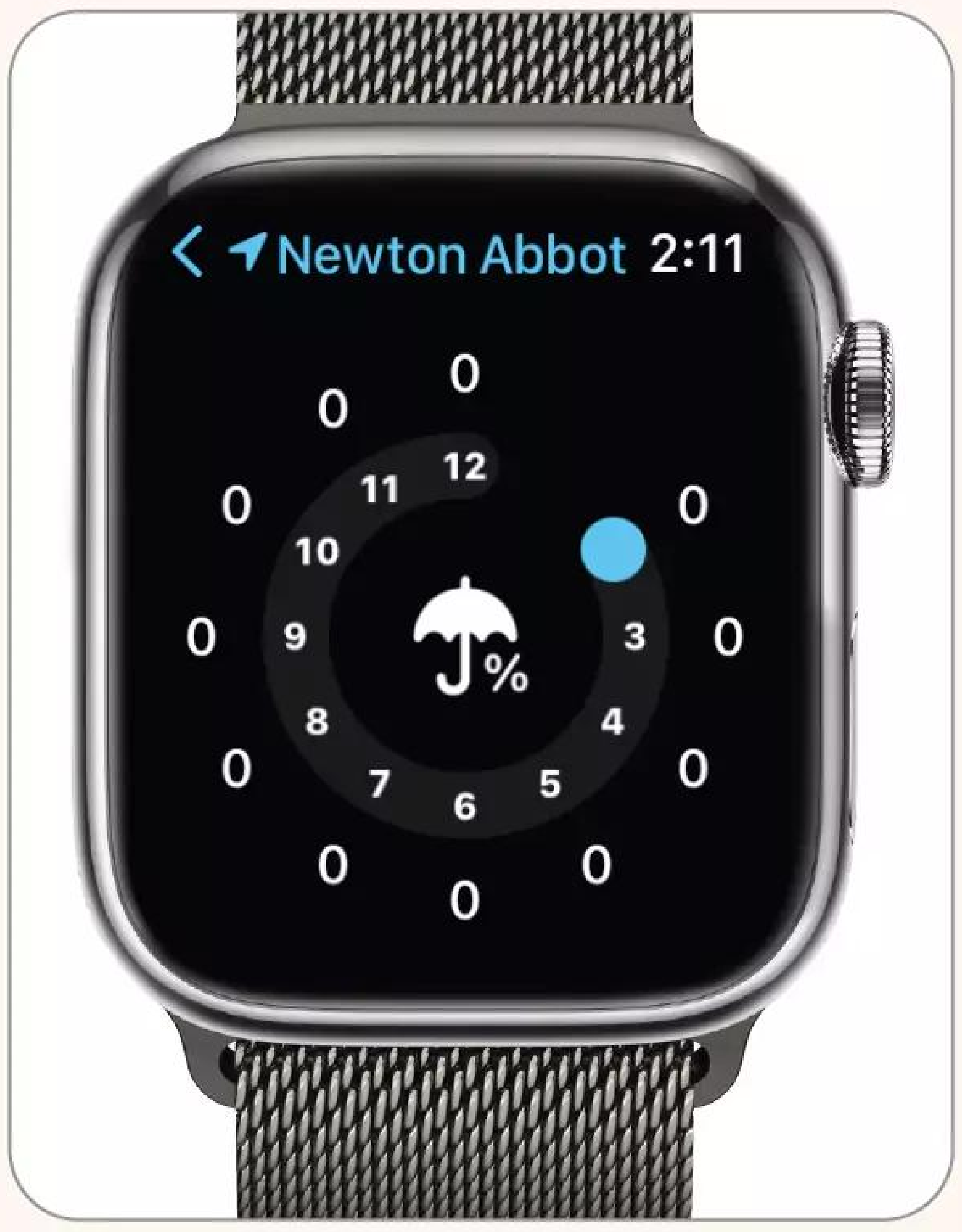
1 If you use the Siri watch face, you might get a notification about a story in the News app. If you do, tap it to go directly to that news story.

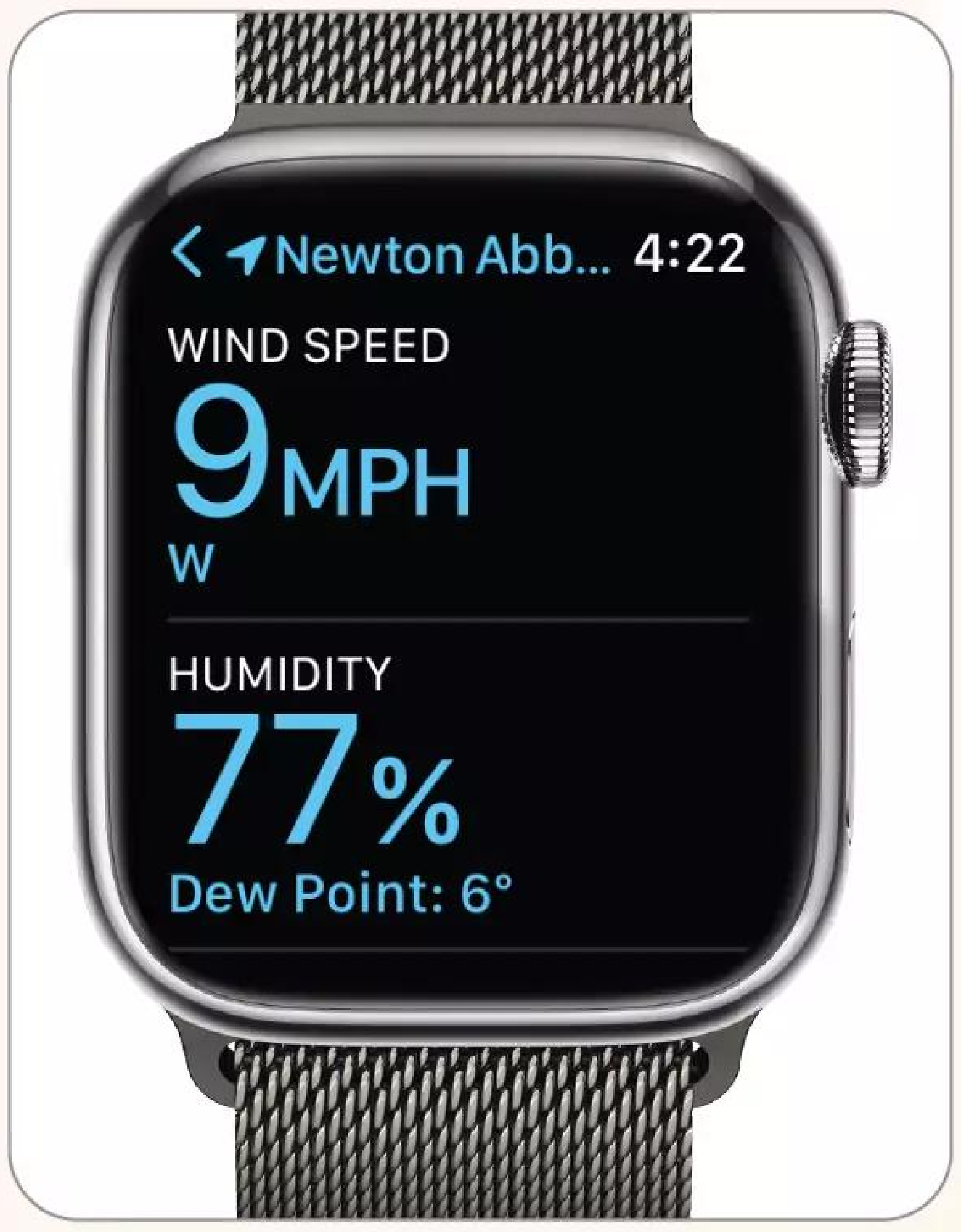

News+
1:46
SPOTLIGHT
4 of 5
What if... Churchill had lost? Napoleon won? The USA invaded Canada?

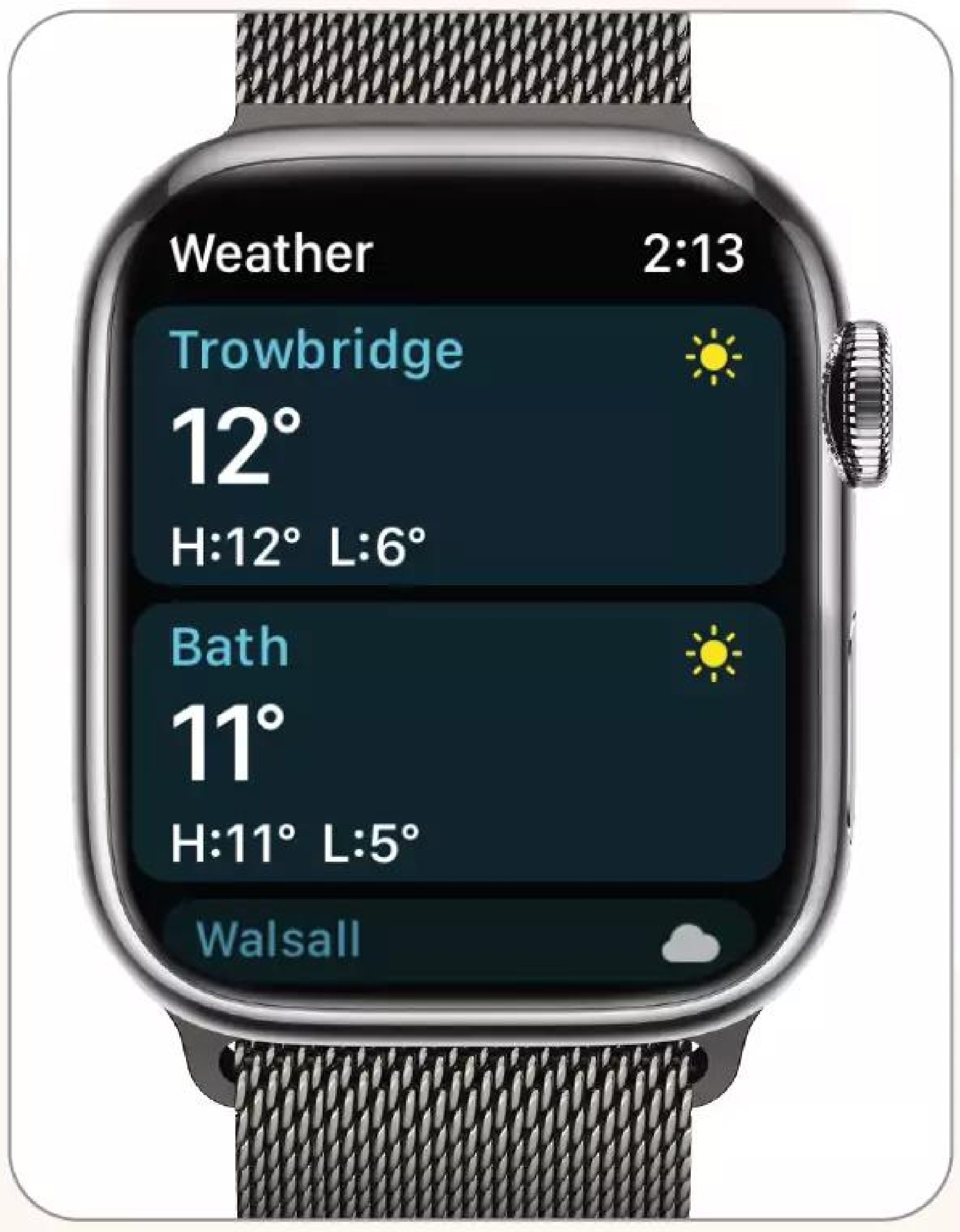
2 The news story opens on your Apple Watch in the usual way. You can then save it for later or review other stories, as always in News.

Watch the Weather

With the Apple Watch's Weather app, you need never get caught out in the rain without your umbrella again. Here's how to get the most from it.


Newton Abbot 2:11
0
0
0
0
0
0
0
0
0
0
0
12
11
10
9
8
7
6
5
4
3
%

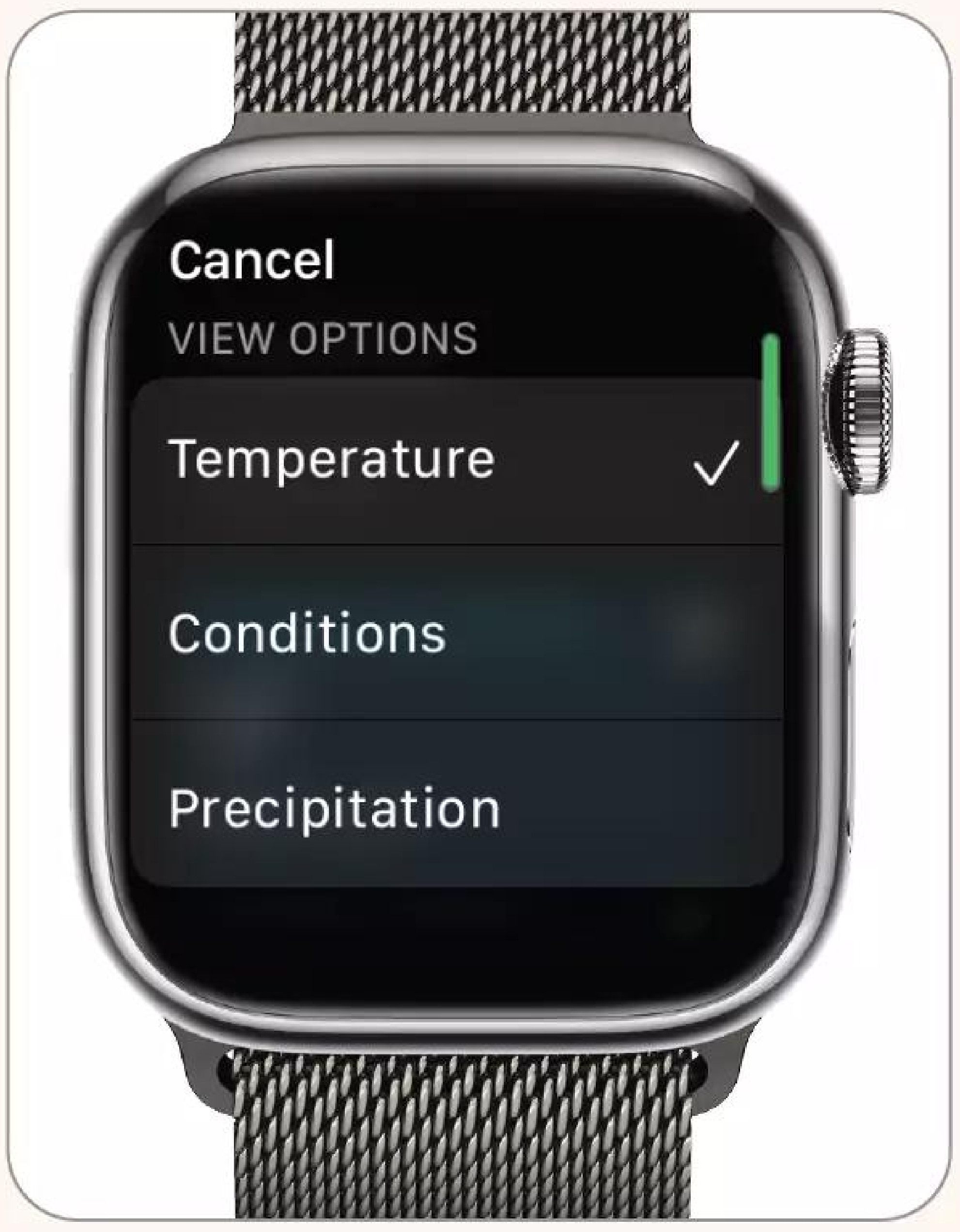

Newton Abb... 4:22
WIND SPEED
9MPH
W
HUMIDITY
77%
Dew Point: 6°

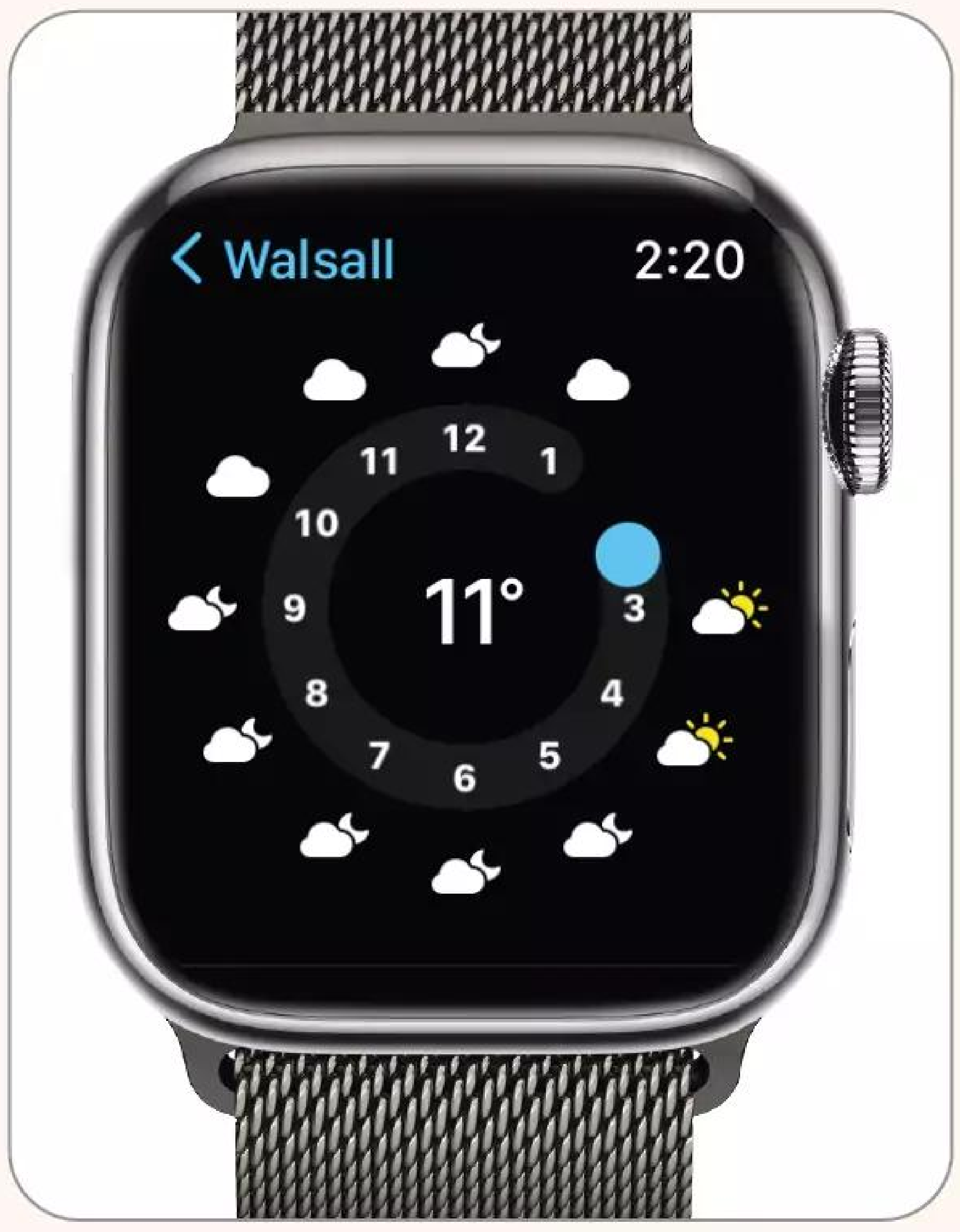

Weather 2:13
Trowbridge
12°
H:12° L:6°
Bath
11°
H:11° L:5°
Walsall

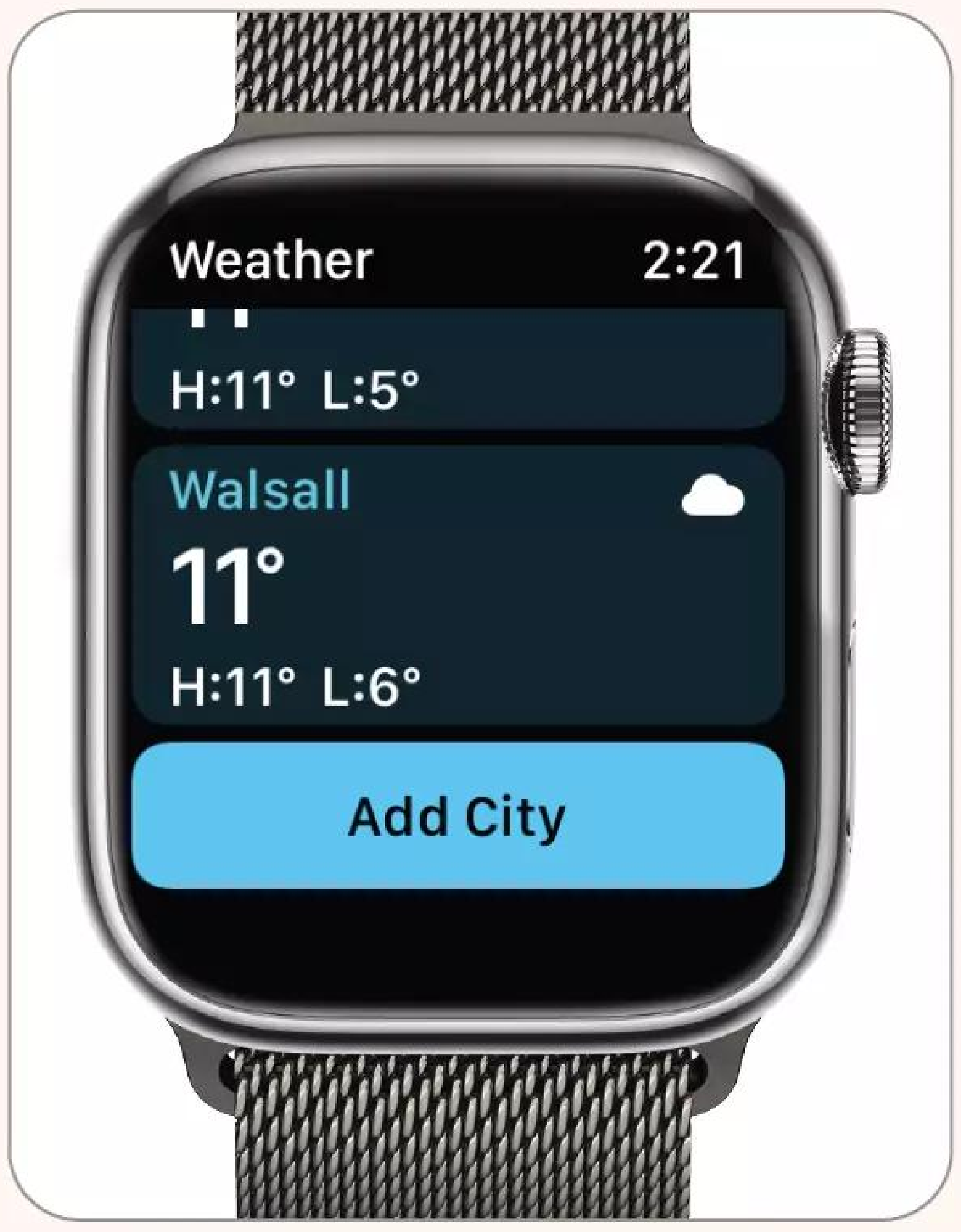
1 Open the Weather app on your Apple Watch to see the weather situation in your current location. Tap the screen to switch between the percentage chance of rain, temperature and conditions.

2 Scroll up from this screen, using your Digital Crown, to see more weather information for this location, such as Air Pollution, Wind Speed, UV Index and more. You also get a ten-day forecast.

3 Tap the top-left corner of the screen for a list of locations you've added to your iPhone Weather app. At the top of the list is your current location, regardless of whether it's added.


Cancel
VIEW OPTIONS
Temperature ✓
Conditions
Precipitation


Walsall 2:20
12
1
11
10
9
8
7
6
5
4
3
11°


Weather 2:21
H:11° L:5°
Walsall
11°
H:11° L:6°
Add City

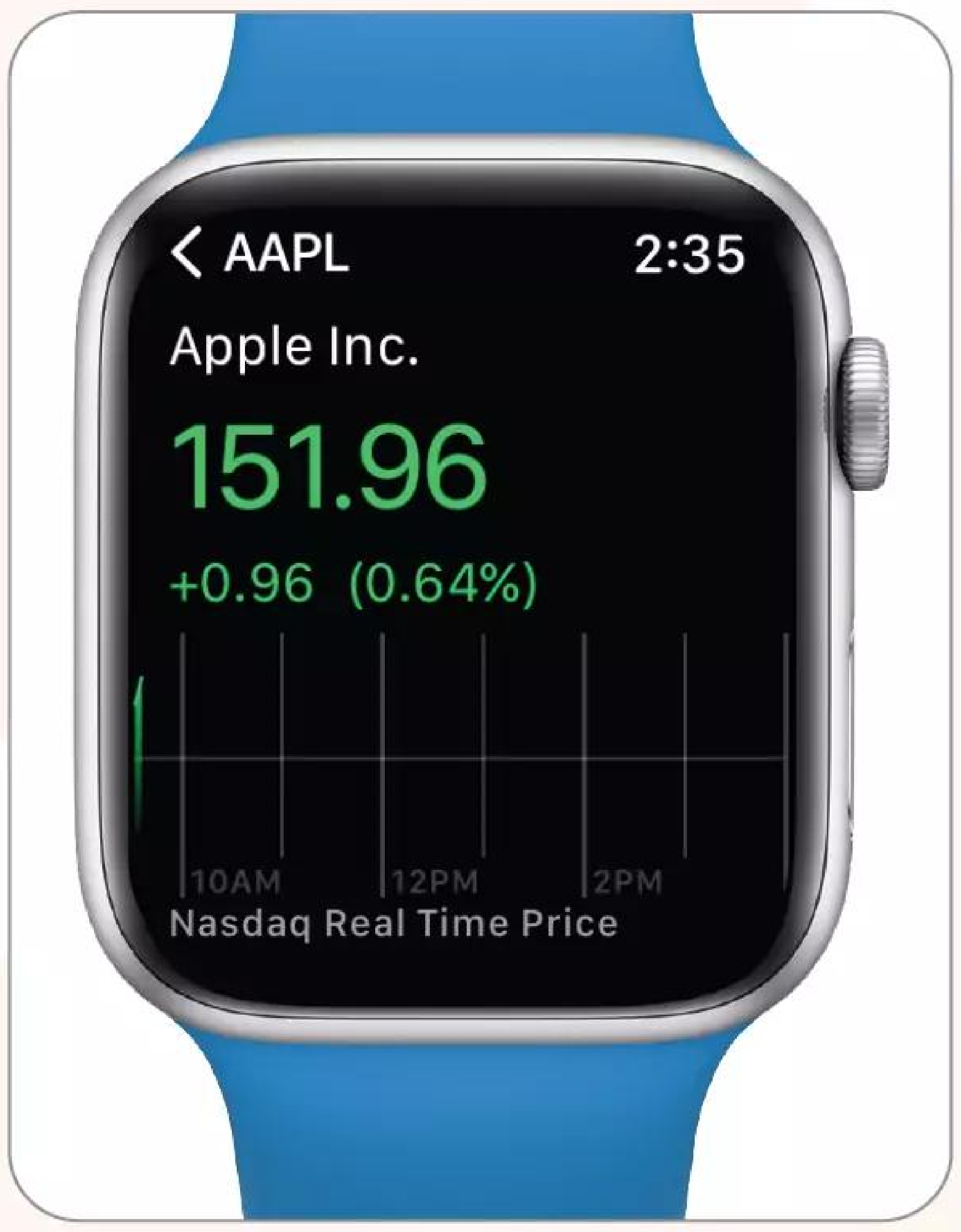
4 Turn the Digital Crown to the top of the page and you'll see a button called 'Viewing'. Tap it and you can choose to display Temperature, Conditions or Precipitation on the cities list.

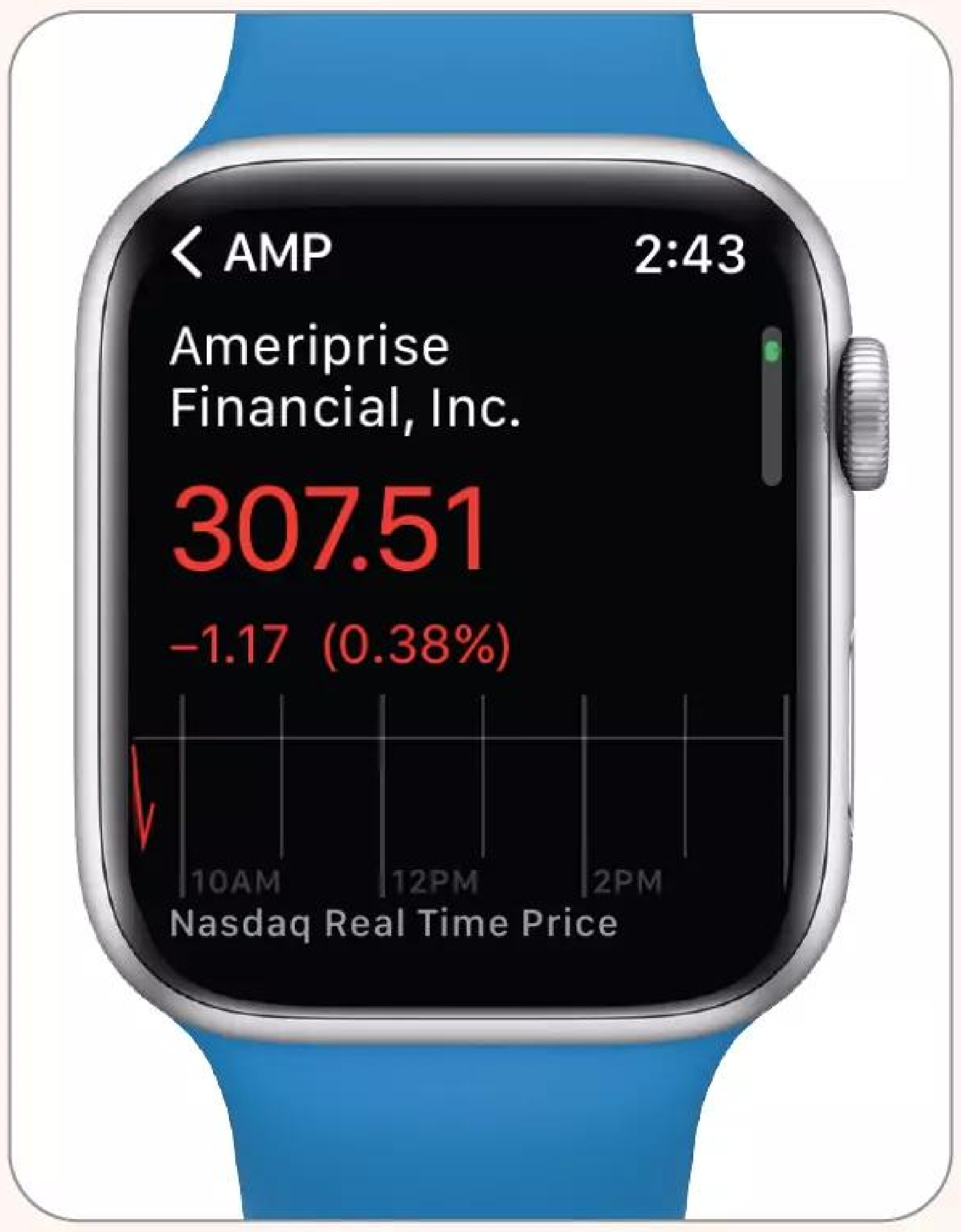
5 Tap a city on your list to open the weather conditions for that location. This is very useful if you're planning a trip, and need to know whether to take your big coat and umbrella.

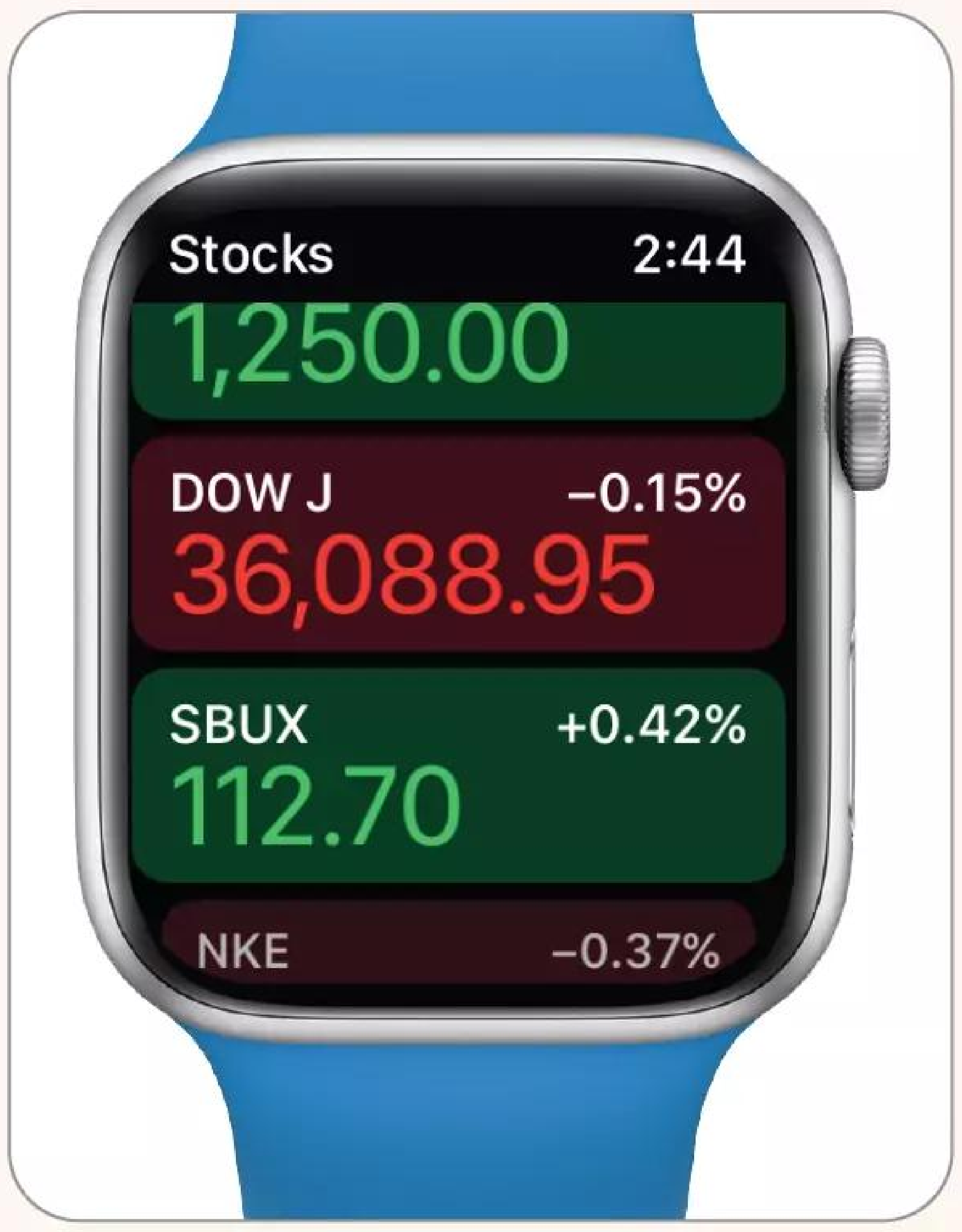
6 At the foot of the locations page there's a button called 'Add City'. Tap it and enter the name of a town or city, and you can then add this locale to your Weather app, right from your wrist.

Follow Stocks

If you dabble in stocks, you've probably customised your iPhone's Stocks app so you can see how your investments are doing. See them on your watch too.


AAPL
2:35
Apple Inc.
151.96
+0.96 (0.64%)
10AM
12PM
2PM
Nasdaq Real Time Price

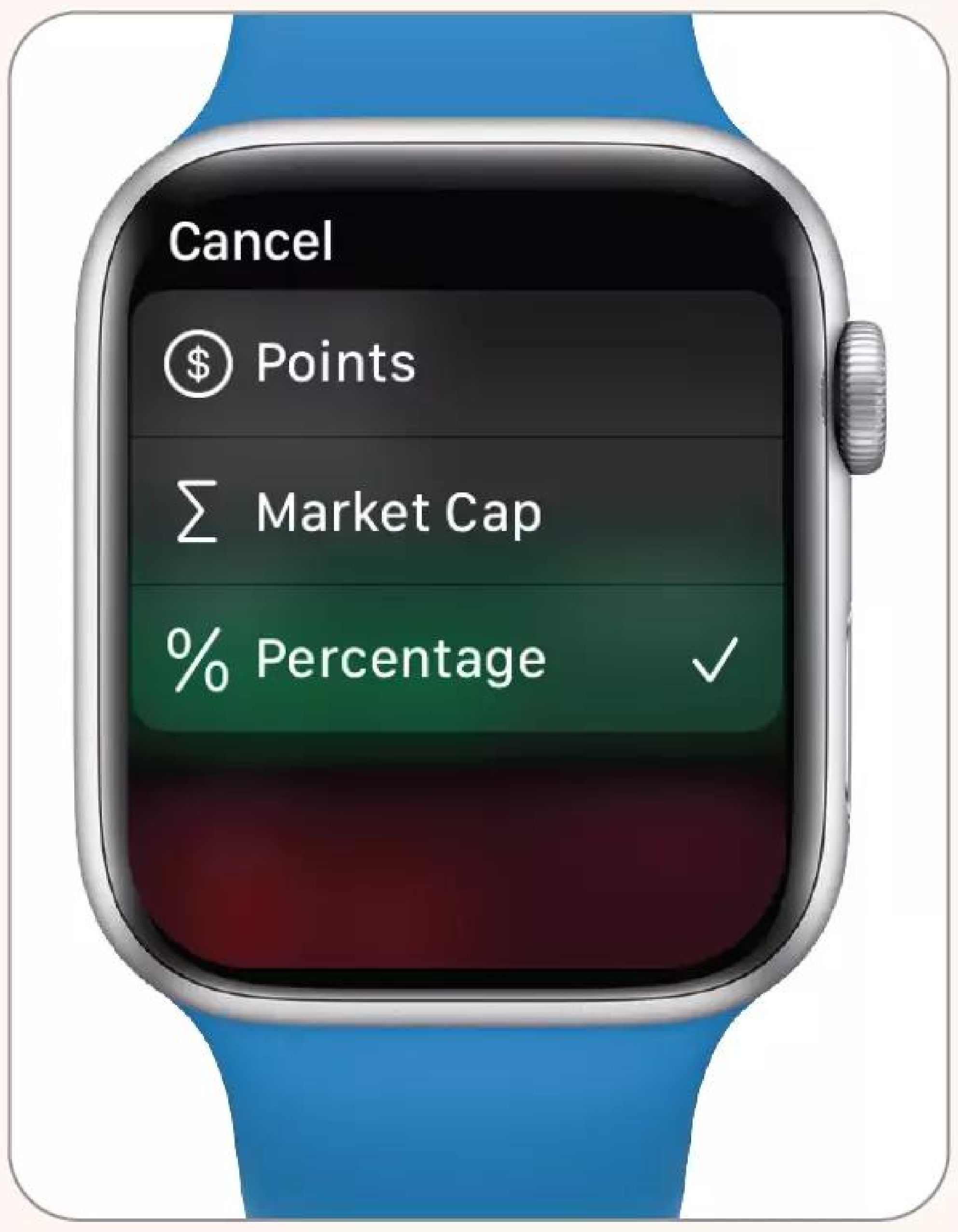

AMP
2:43
Ameriprise Financial, Inc.
307.51
−1.17 (0.38%)
10AM
12PM
2PM
Nasdaq Real Time Price

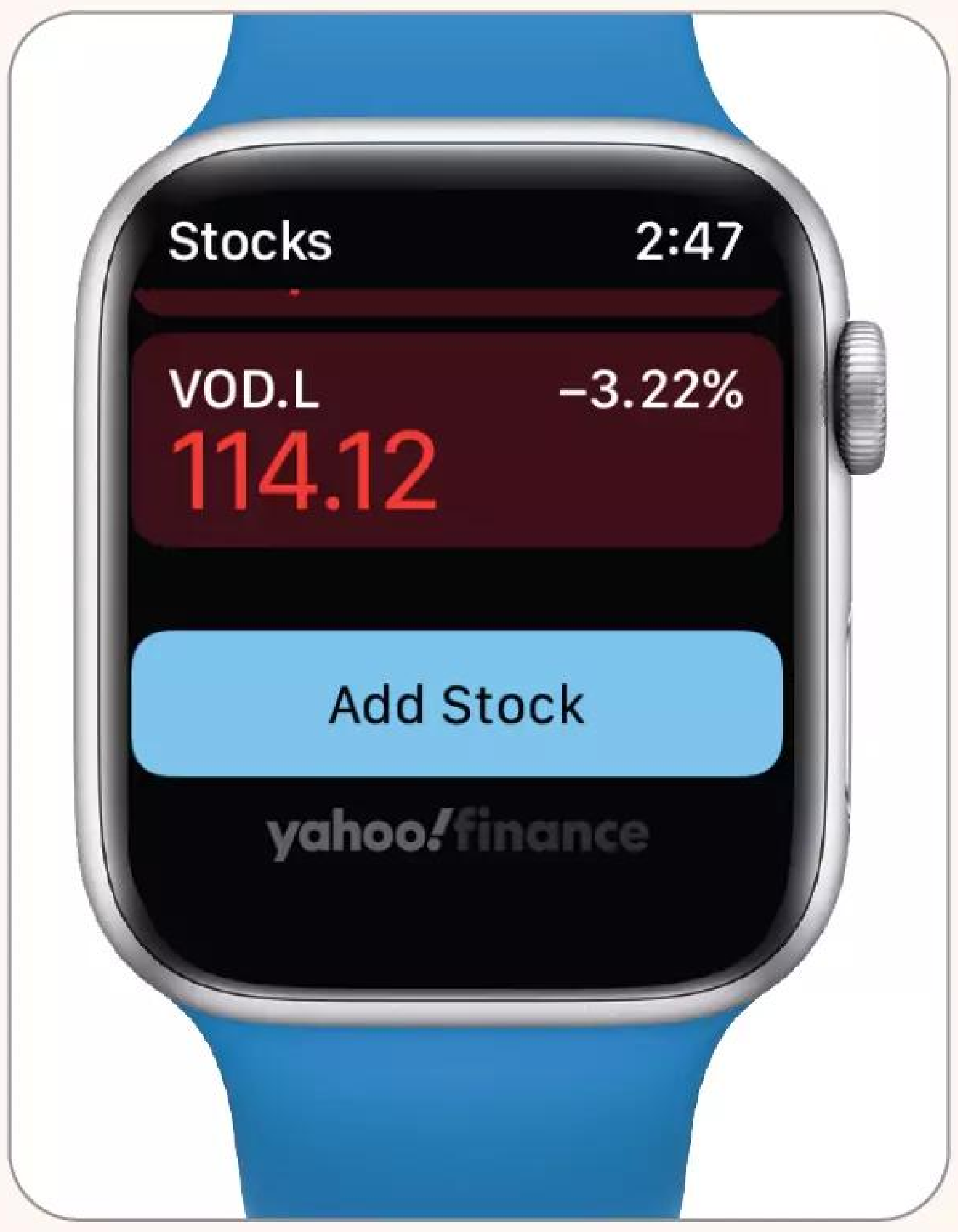

Stocks
2:44
1,250.00
DOW J
−0.15%
36,088.95
SBUX
+0.42%
112.70
NKE
−0.37%

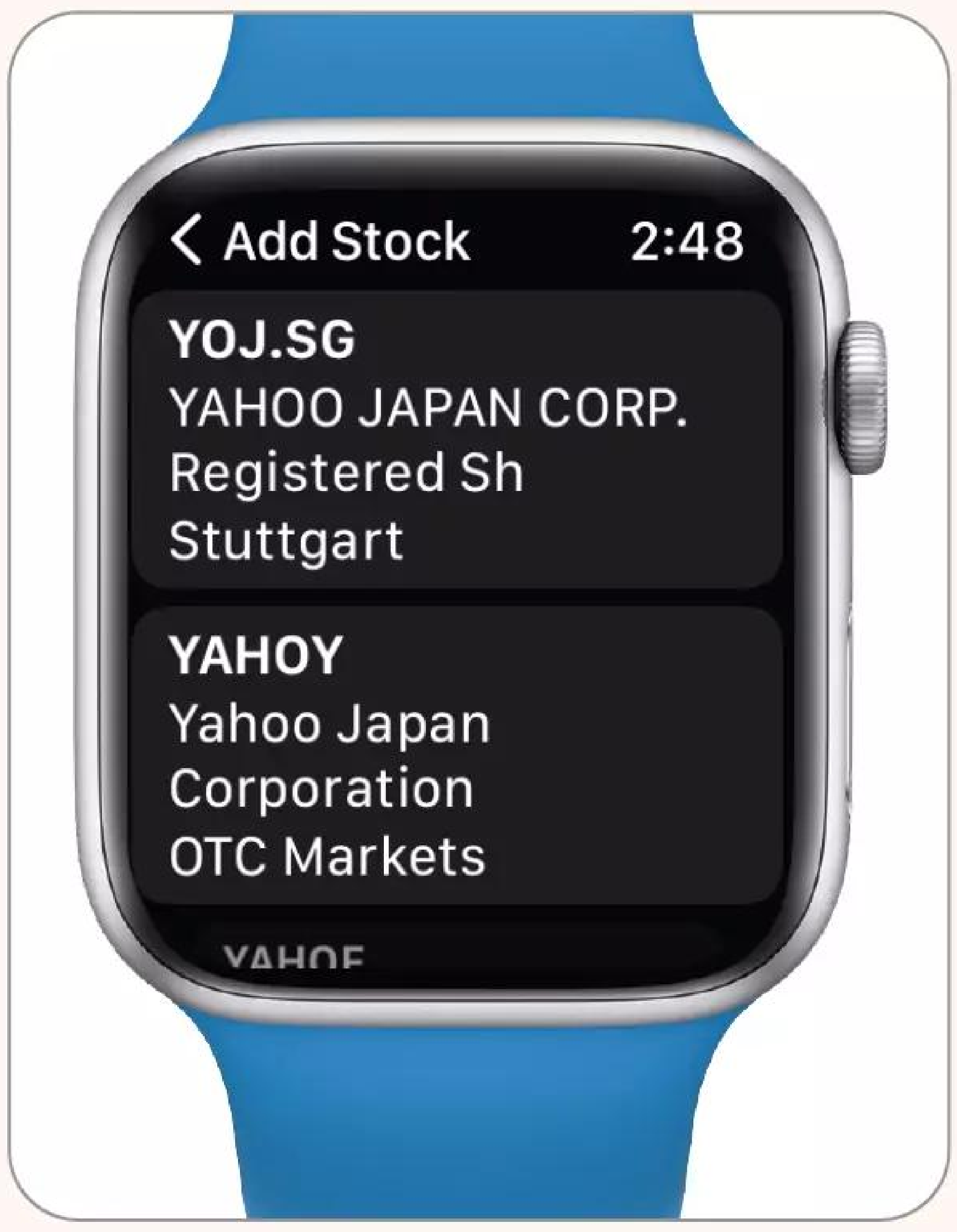
1 The Apple Watch has a Stocks app too. Open the Stocks app and you see the share price of the company you've set as your main stock. Prices are from the Nasdaq, and updated in real time.

2 Scroll up from this screen using your Digital Crown to scroll through the other stocks in the list. Continue to scroll to work your way through them. If it's green, the price is going up; if it's red, it's going down.

3 Tap the top-left corner of the screen to see a list of all the stocks you've chosen to follow in the app. Scroll it up and down with the Digital Crown, and tap one to see its details.


Cancel
Points
Market Cap
Percentage ✓


Stocks
2:47
VOD.L
−3.22%
114.12
Add Stock
yahoo!finance


Add Stock
2:48
YOJ.SG
YAHOO JAPAN CORP. Registered Sh
Stuttgart
YAHOY
Yahoo Japan Corporation
OTC Markets
YAHOF

4 At the top of the stocks list is a button labelled Viewing. Tap it and you can change the information on the stocks list to Points, Market Cap or back to Percentage.

5 At the foot of the stocks page there's a button called 'Add Stock'. Tap it and enter the name of a company or its stock market abbreviation and you can add it to the list.

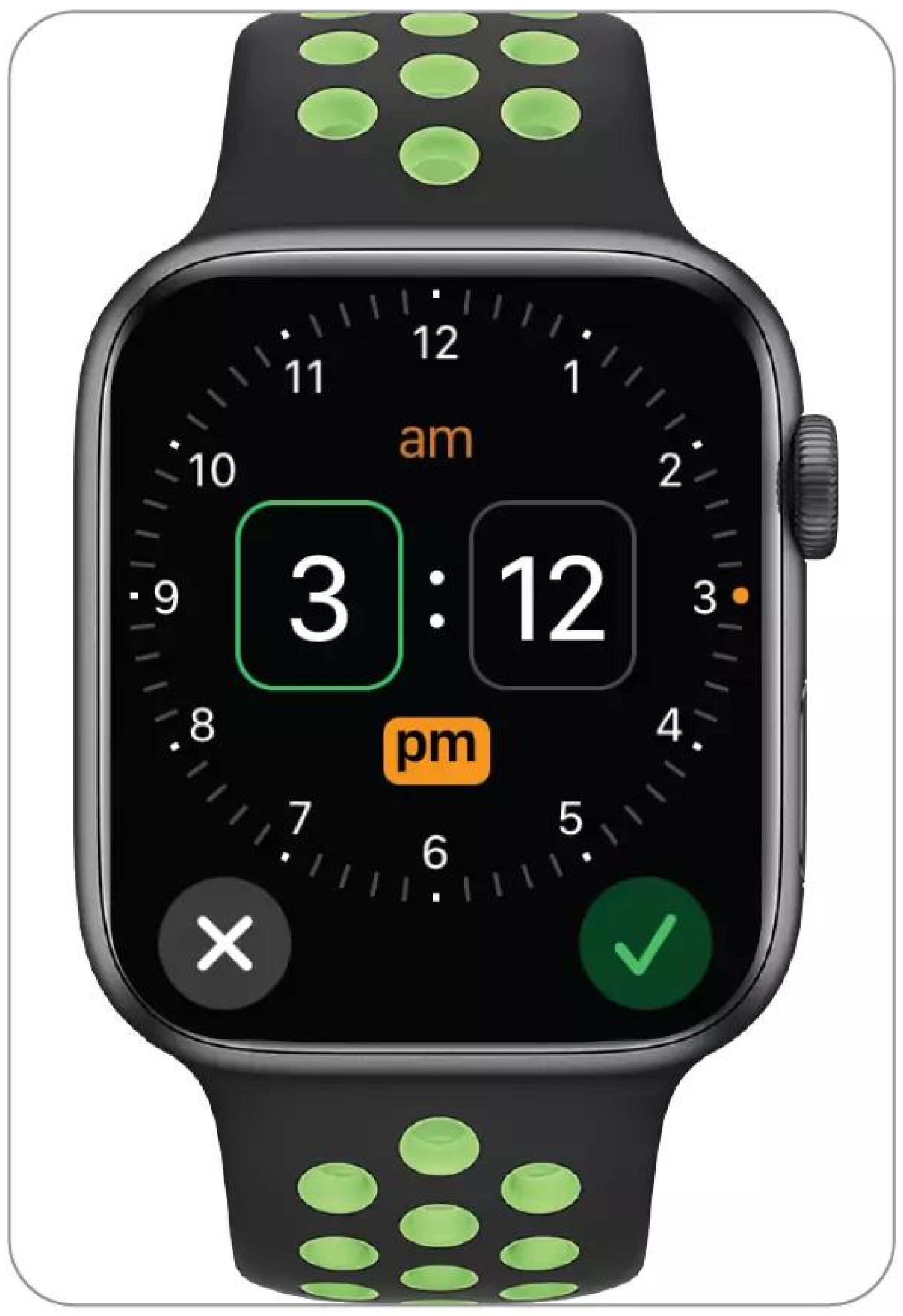
6 When adding a stock, you might find there's more than one listed company with the same name; American, Japanese and European arms, for example. Tap the one you want to add.

Stopwatch, Alarm Timer and World Clock on Watch

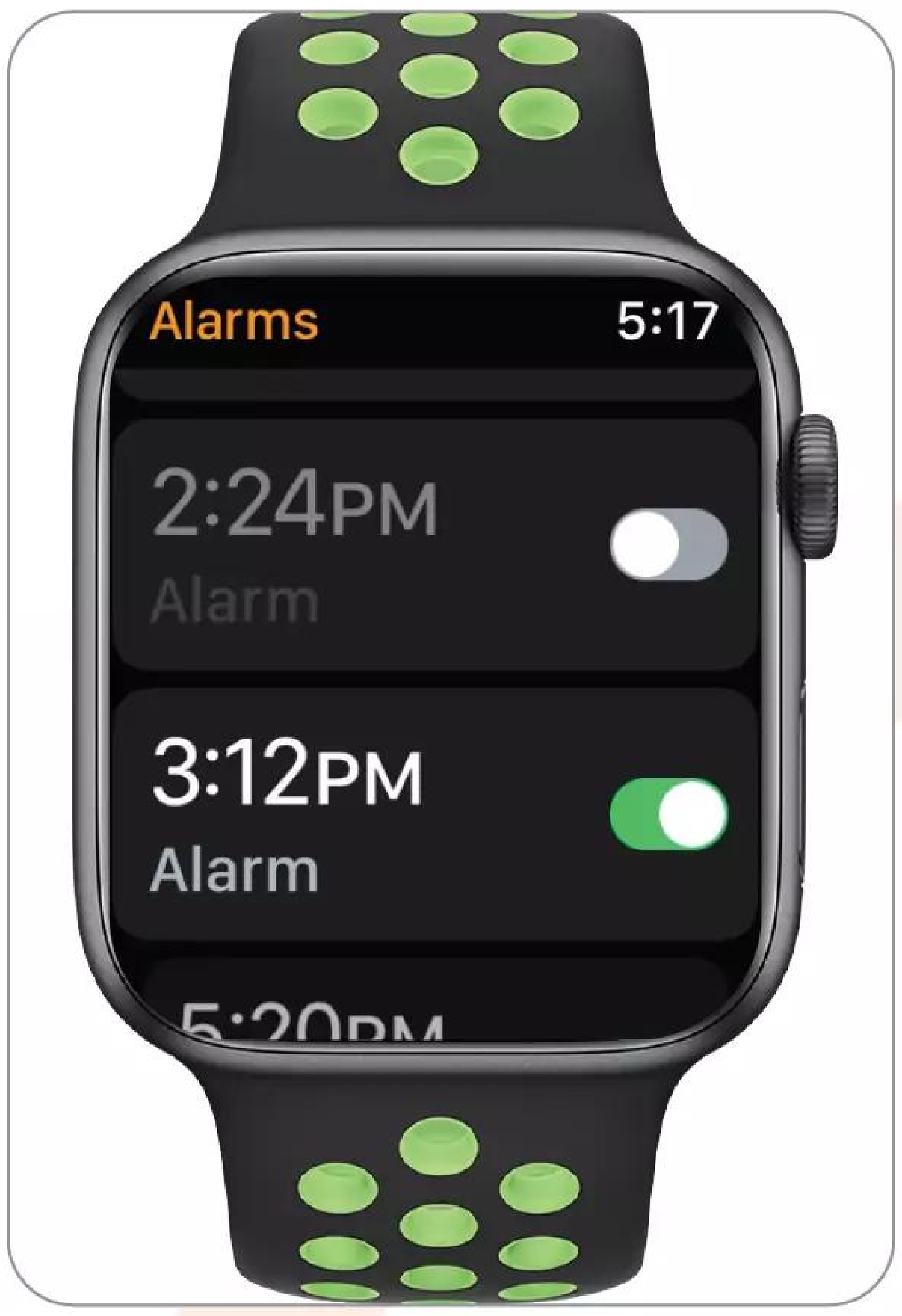
On the iPhone, the Stopwatch, Alarm, Timer and World Clock features are covered in a single app: the Clock app. On the Apple Watch, they're four separate applications but as they're fairly straightforward, we'll deal with them all together here. They're easy to find. The timers and clocks are the orange icons found either side of the Watch Face app on your app switcher.

Hybrid
5:52
00:09.71
2s
Lap
Stop

Alarms



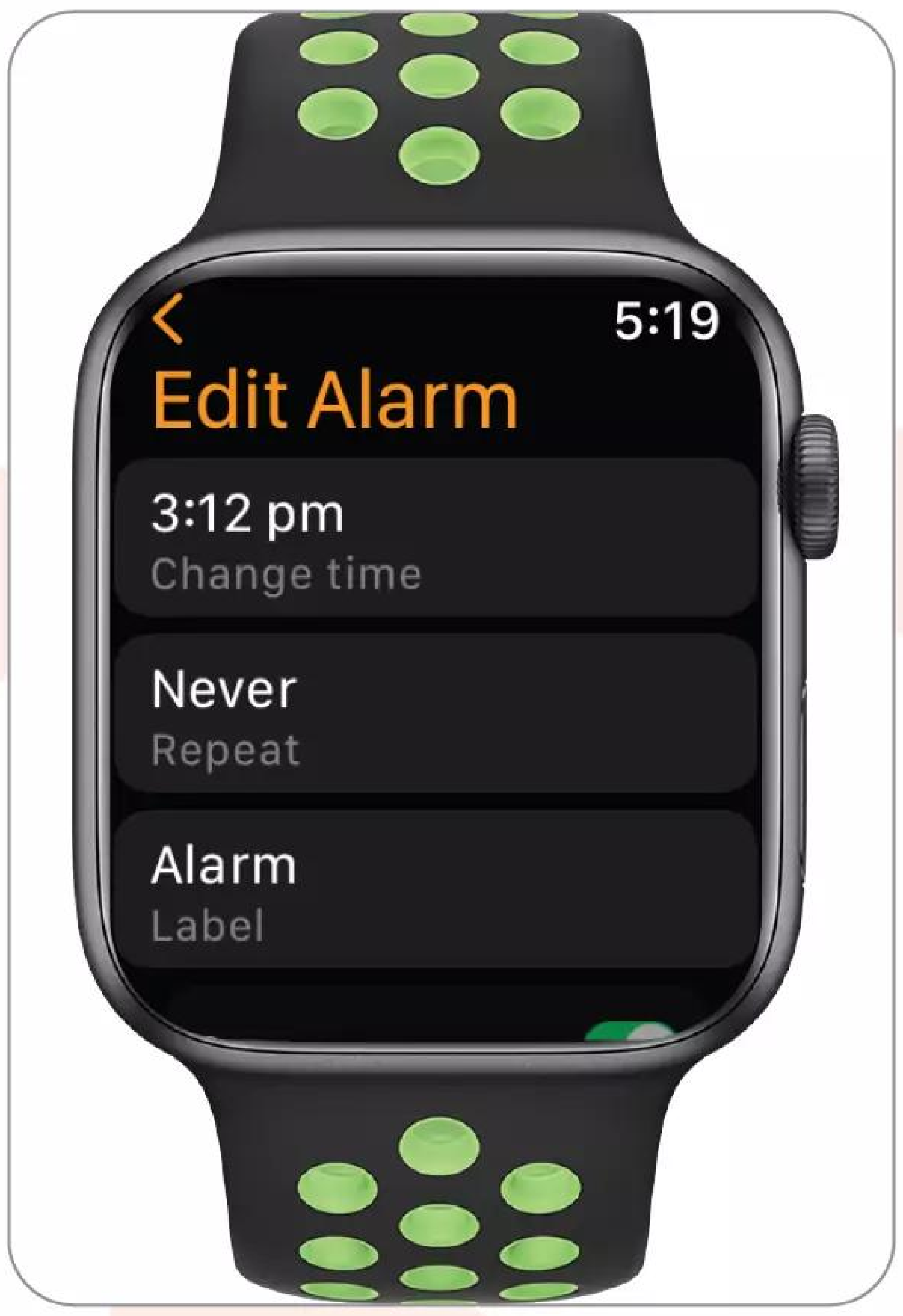
1 You can add an alarm directly from your Apple Watch. Open the Alarm app, scroll to the bottom and tap the Add Alarm button. Tap the hour, and turn the Digital Crown to set, then do the same for the minutes. Choose AM or PM. When you're done, tap the tick and the alarm is set.



2:24PM Alarm ○

3:12PM Alarm ●

2 Your alarm joins those synced from your iPhone, and is presented in a list. To turn the alarms on and off, tap the switch to their right. Scroll up and down the list with the Digital Crown, or by swiping with your finger. Active alarms are switched on, showing green next to the switch.



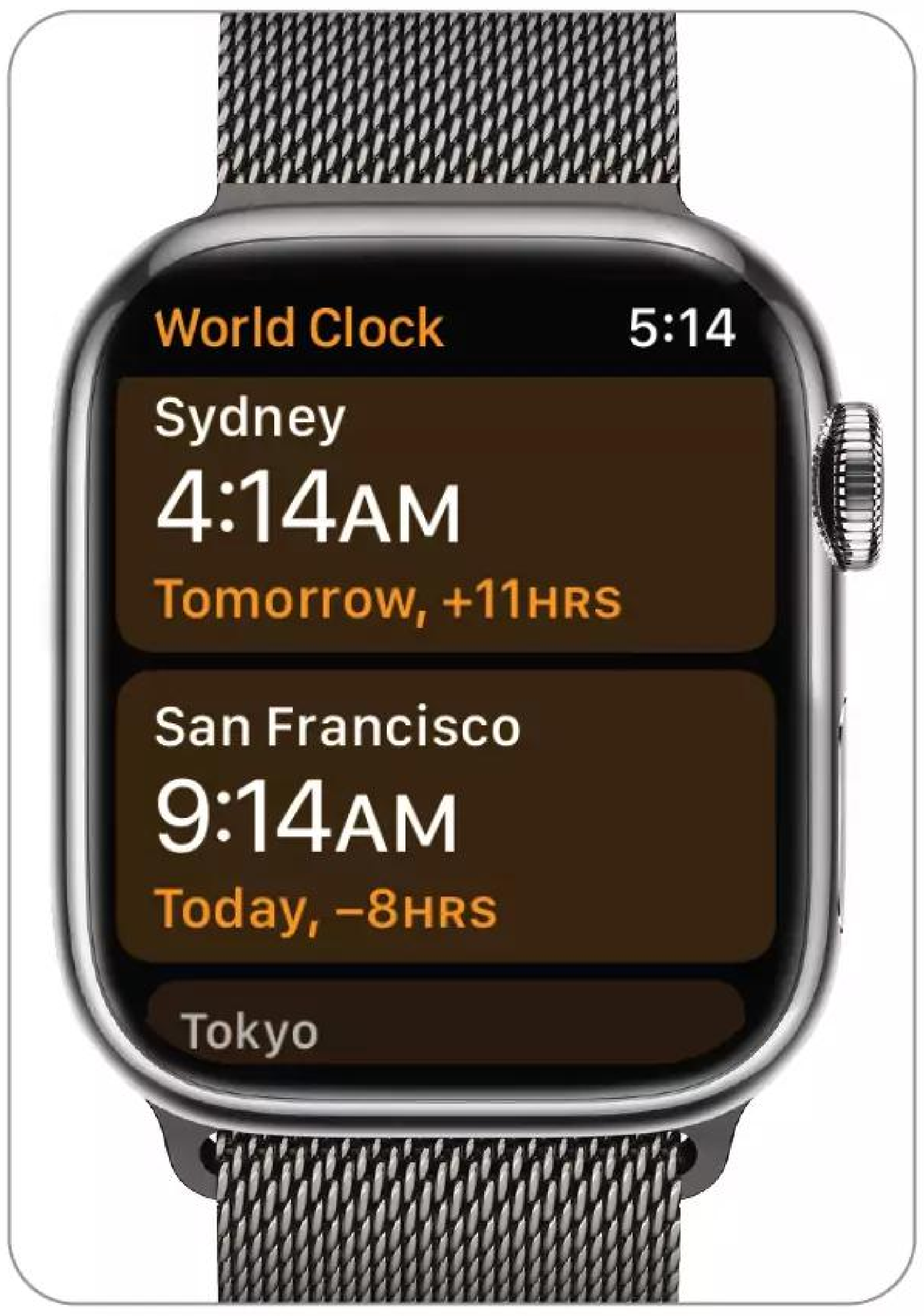
3:12 pm
Change time

Never
Repeat

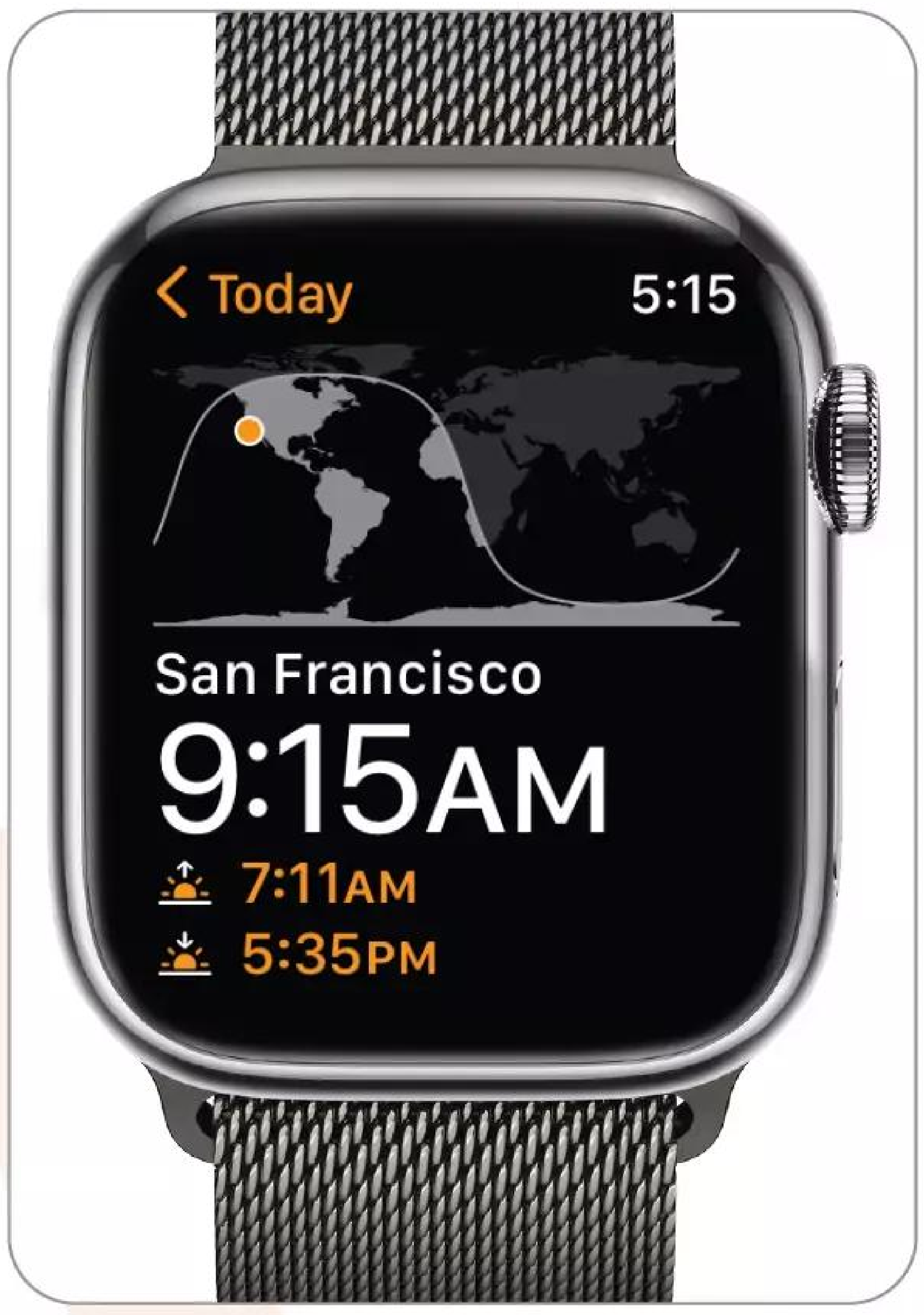
Alarm
Label

3 To edit or delete an alarm, tap it. On this next screen, tap the first option to change its time. Further options allow you to set the alarm to repeat, maybe every day, week or month, or to give it a name. A Snooze option can be on or off, or tap the Delete option to get rid of it altogether.

World Clock

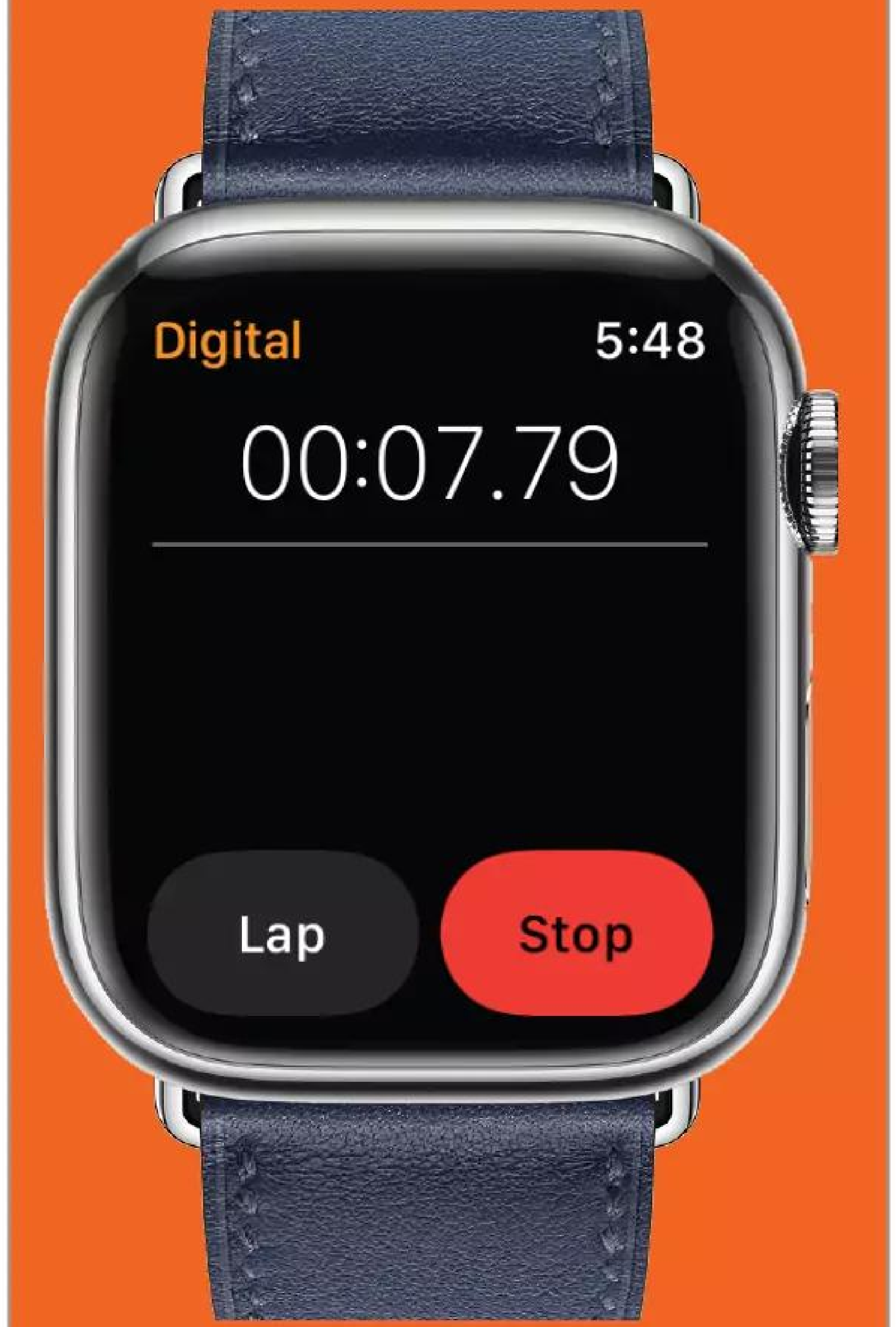

World Clock
5:14
Sydney
4:14AM
Tomorrow, +11HRS
San Francisco
9:14AM
Today, −8HRS
Tokyo

1 Tap the World Clock icon to open the app. The cities you've set up in the iPhone's Clock app appear here, as does your current location if you give permission. Use the Digital Crown to scroll up and down the list. As well as local time, you're shown the time difference.

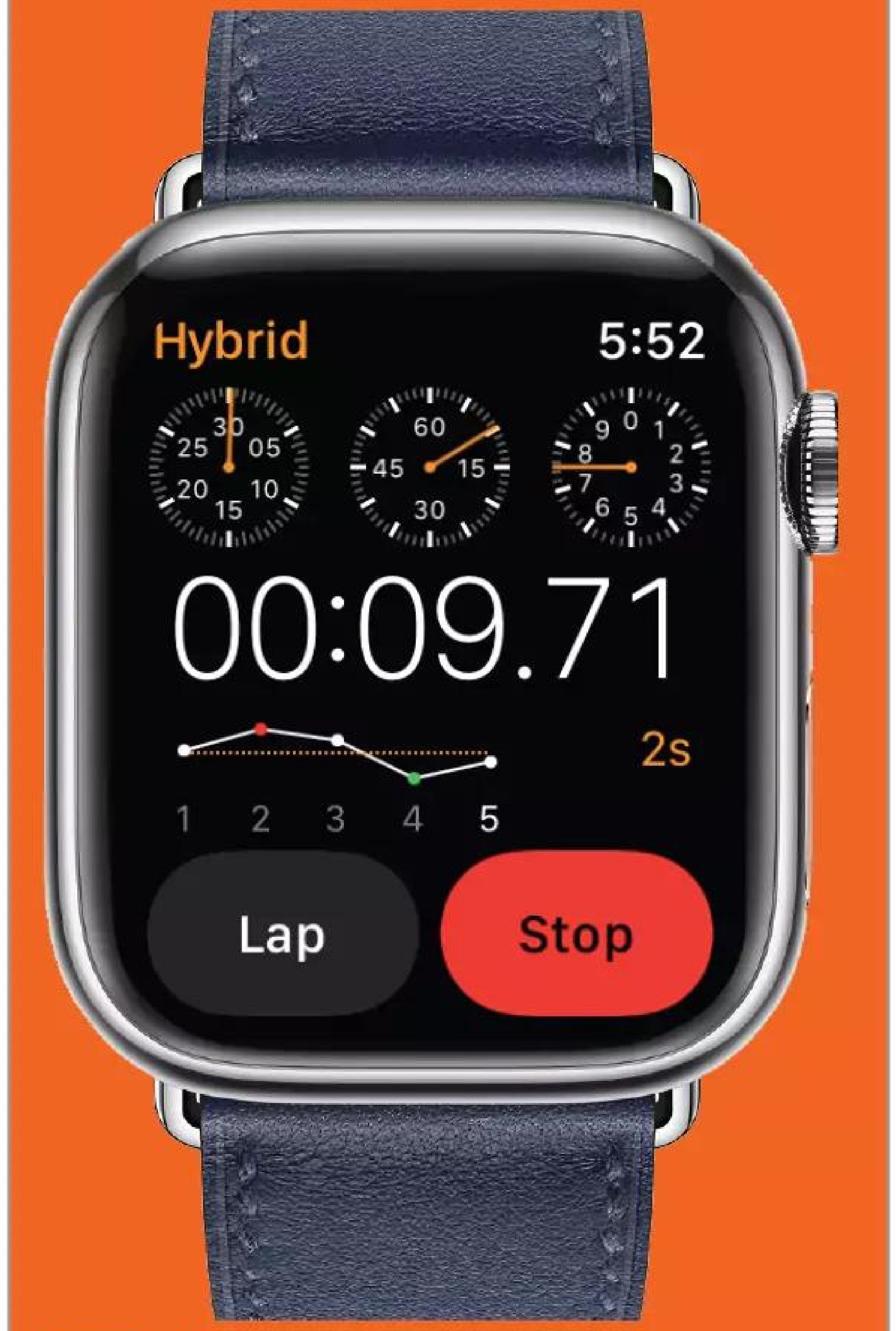

Today
5:15
San Francisco
9:15AM
7:11AM
5:35PM

2 Tap on one of the cities shown in the World Clock app for more details about the time in that location, including sunrise and sunset for the current time of year. To add a new city to your Apple Watch, on the World Clock page, scroll up to the Add City button and tap it.

Stopwatch

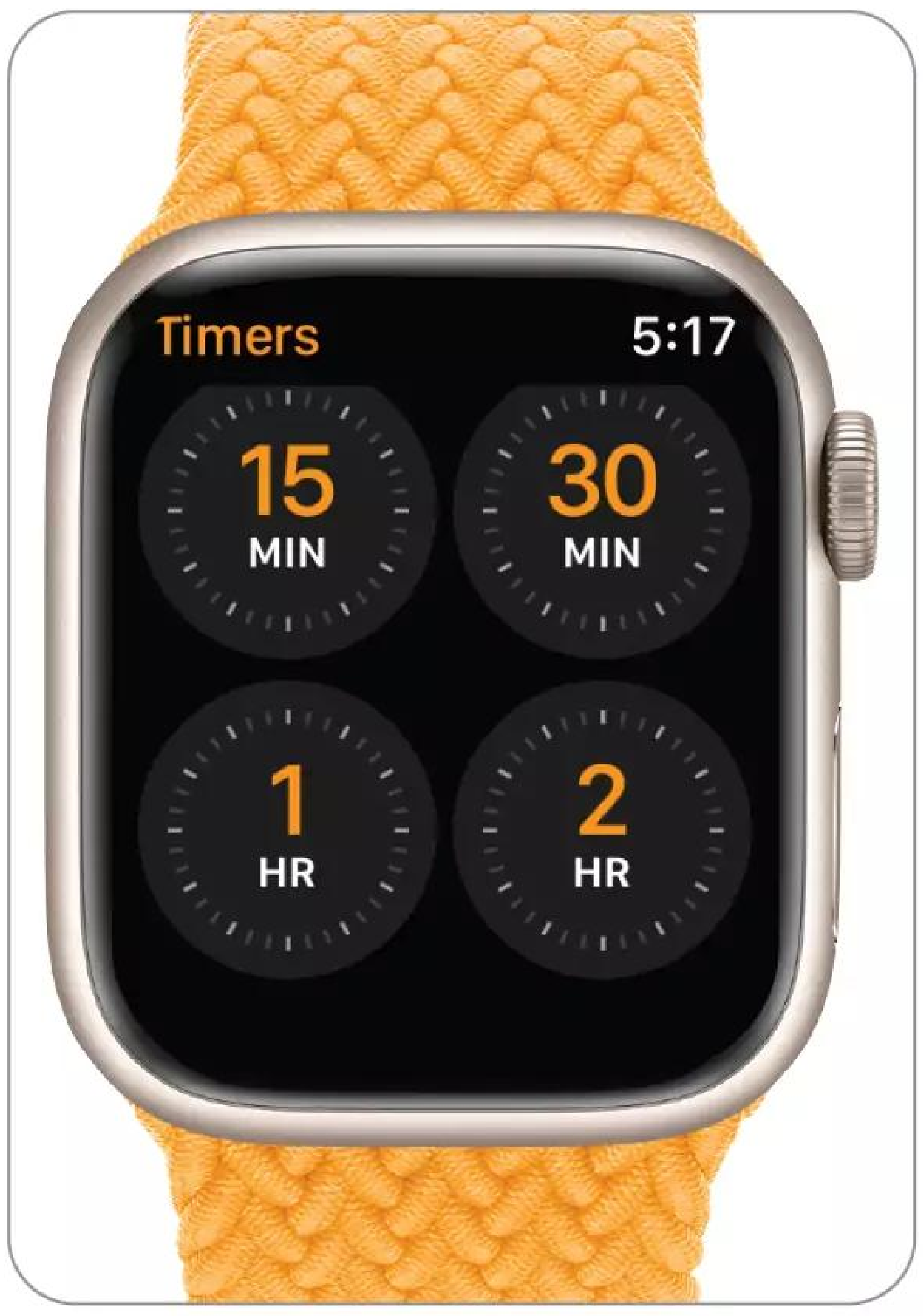

Digital
5:48
00:07.79
Lap
Stop

1 In the Stopwatch app, tap the green button to start timing and the red button to stop. Tap Reset to reset the stopwatch. If you'd prefer a different sort of stopwatch, tap the bottom-left corner before using the stopwatch to toggle Digital, Analogue, Graph or Hybrid.

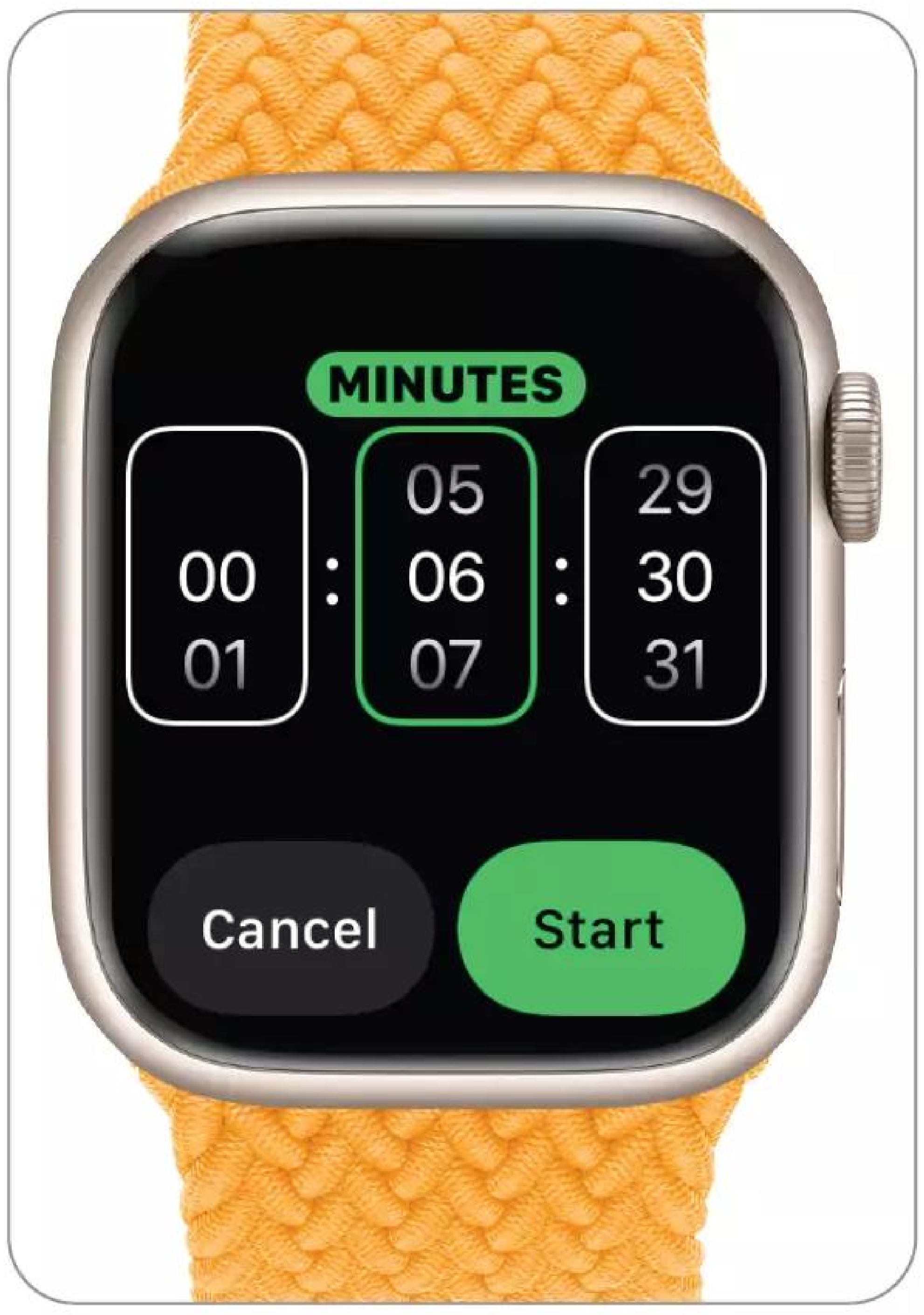

Hybrid
5:52
00:09.71
2s
1
2
3
4
5
Lap
Stop

2 All the various types of stopwatches have their uses. The Graph stopwatch is especially useful for timing laps, so you can see how well someone performs on each lap of a race. The Digital stopwatch has a lap timer too, as does the somewhat over-complicated Hybrid.

Timer


Timers
5:17
15
MIN
30
MIN
1
HR
2
HR

1 The Timer function is like the stopwatch, but it counts down instead of up, and gives an alarm when it reaches zero. Just the thing for in the kitchen. When you open the app, there are ready-made timers of between one minute and two hours available; tap one to use it.


MINUTES
00
01
05
06
07
29
30
31
Cancel
Start

2 If you want to set a custom countdown timer, scroll the screen all the way up and tap Custom. The three dials give you hours, minutes and seconds. Tap on one and move the Digital Crown to change it. When you've finished, tap Start and your countdown begins.

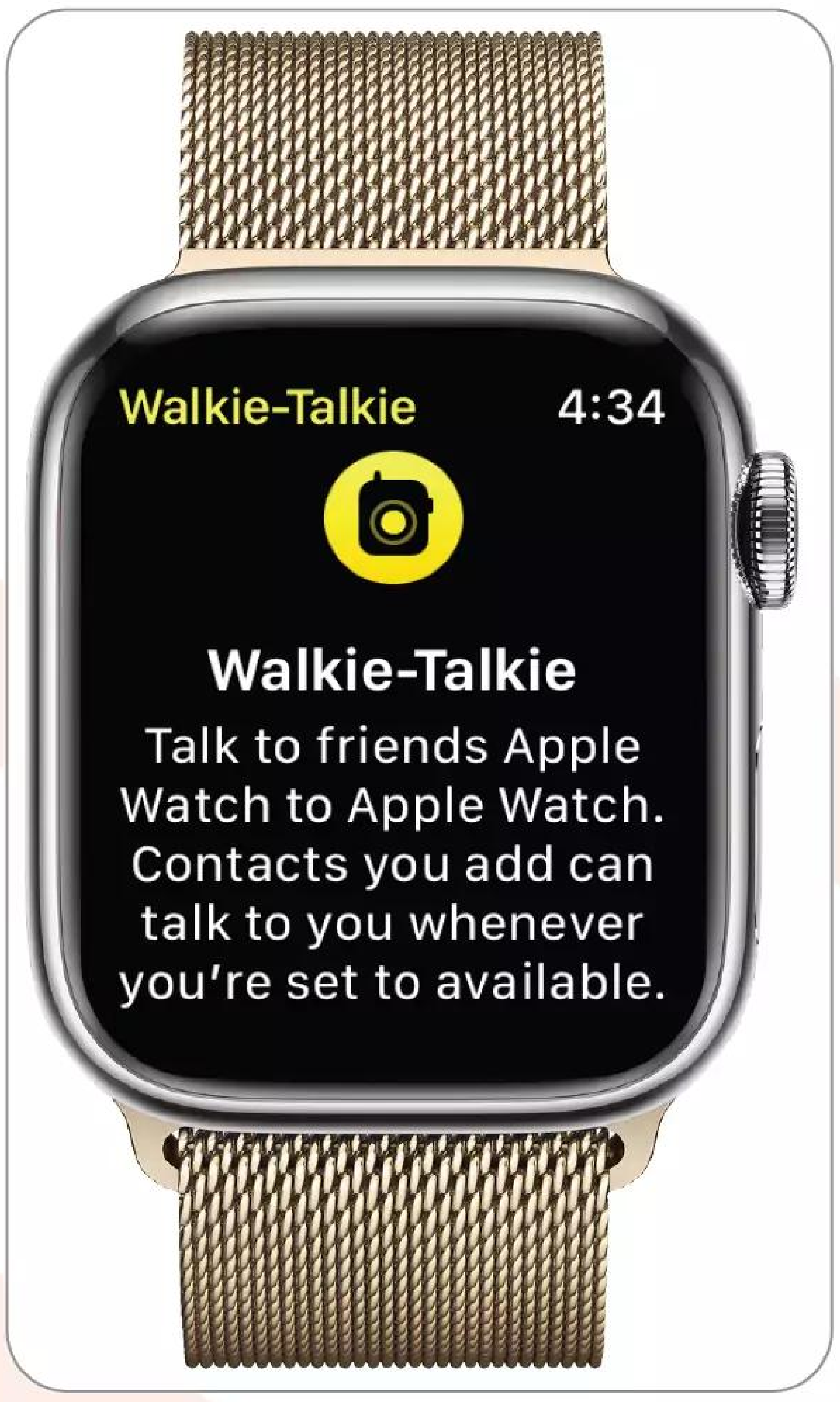
The Watch Walkie-Talkie

If you have an Apple Watch Series 1 or later, running watchOS 5.3 or later, you can make walkie-talkie calls right from your wrist. It works just like a physical walkie-talkie, where you must hold a Talk button while speaking, and release it while the other person presses Talk and speaks. The Walkie-Talkie app isn't available in some territories outside the US and UK.

James
4:40
TOUCH & HOLD TO TALK

Setting Up Walkie-Talkie

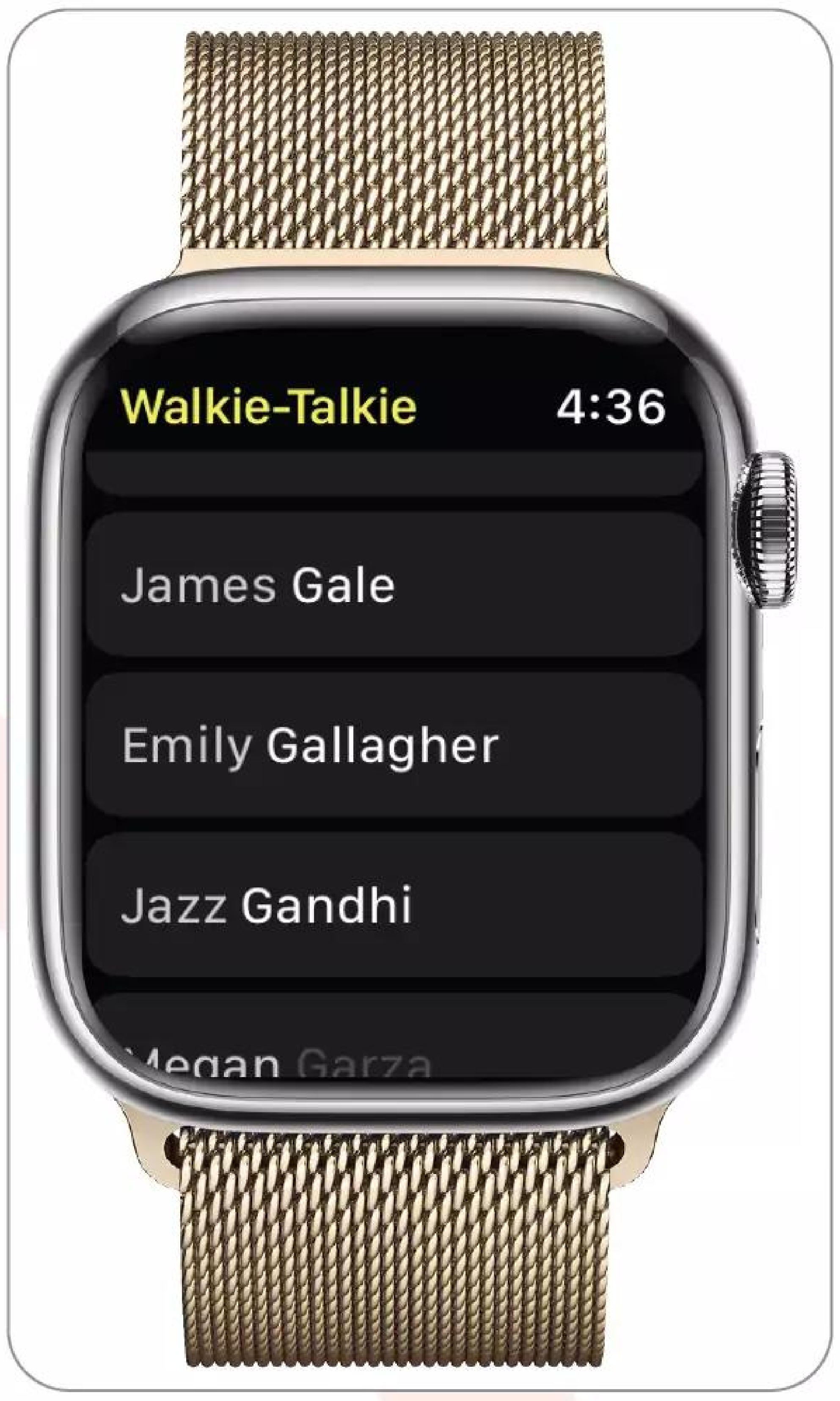
Before you can use your Walkie-Talkie app on your Apple Watch, you have to set it up and invite a few friends to converse with you using this feature. Here's how to get started with the Apple Watch's Walkie-Talkie app.



Walkie-Talkie 4:34

Walkie-Talkie

Talk to friends Apple Watch to Apple Watch. Contacts you add can talk to you whenever you're set to available.



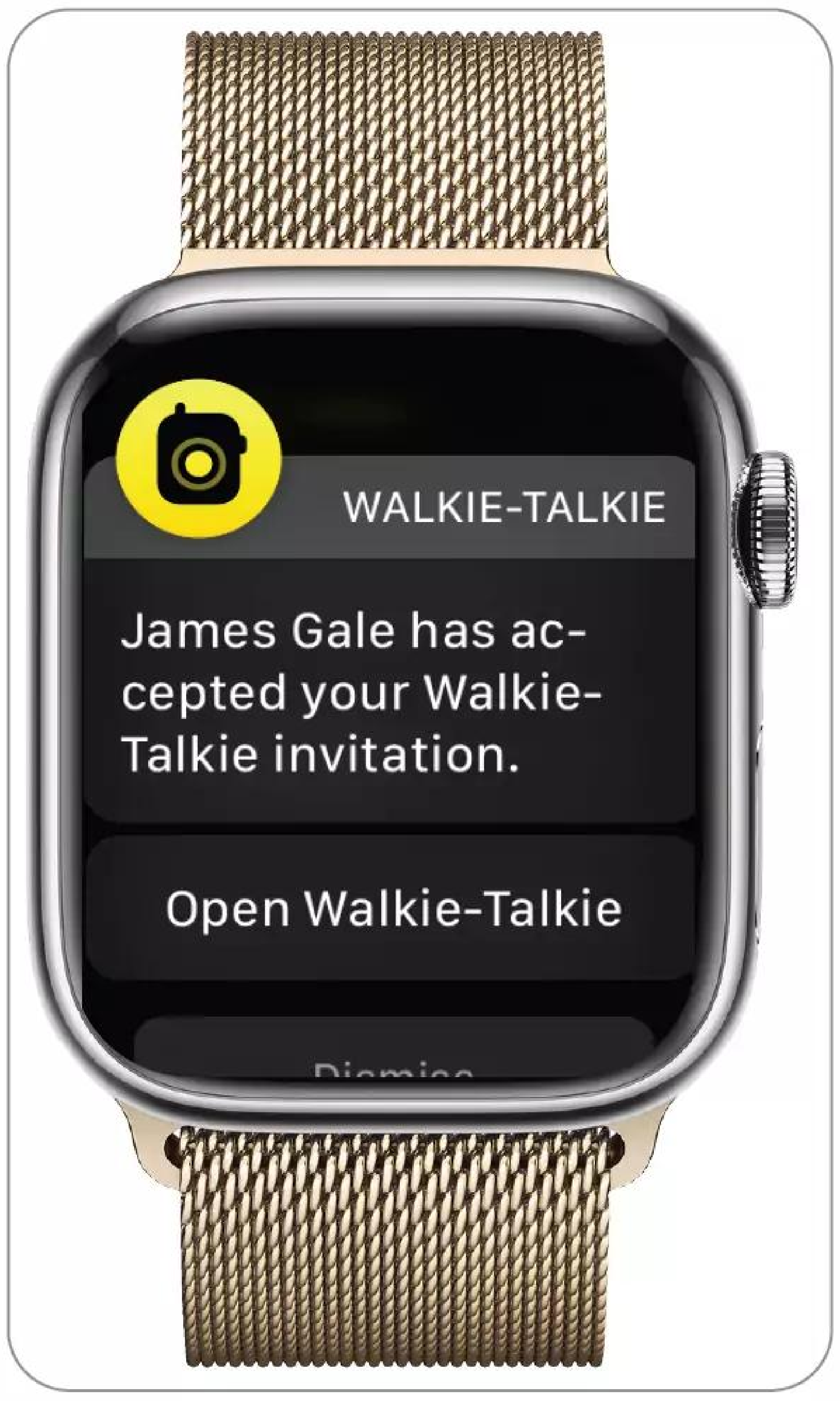
Walkie-Talkie 4:36

James Gale

Emily Gallagher

Jazz Gandhi

Megan Garza



WALKIE-TALKIE

James Gale has accepted your Walkie-Talkie invitation.

Open Walkie-Talkie

Dismiss

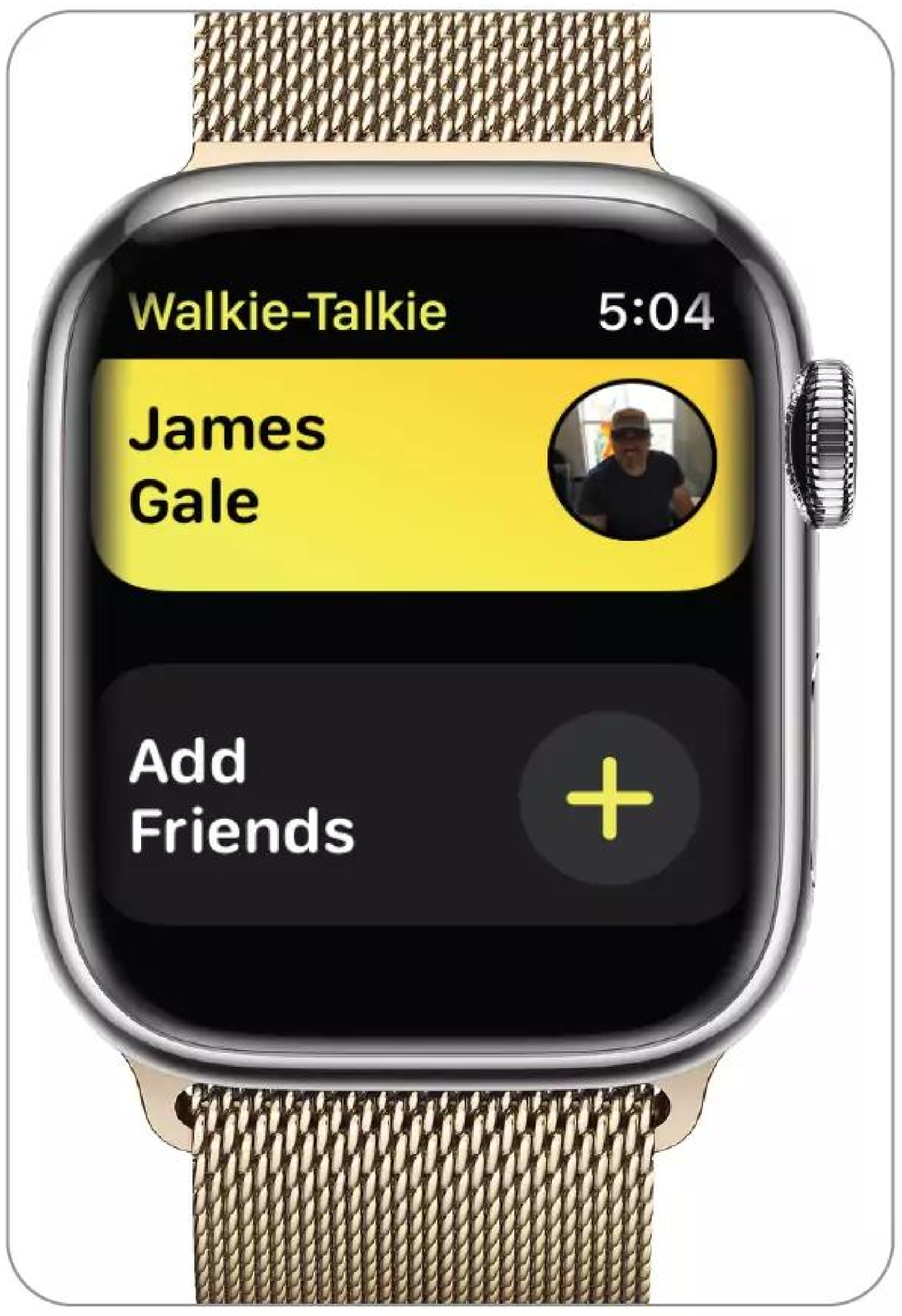
1 Open Walkie-Talkie on your Apple Watch; it's a yellow icon with a black walkie-talkie on it. On the first screen, it explains that you need to add friends to the app before talking to them.

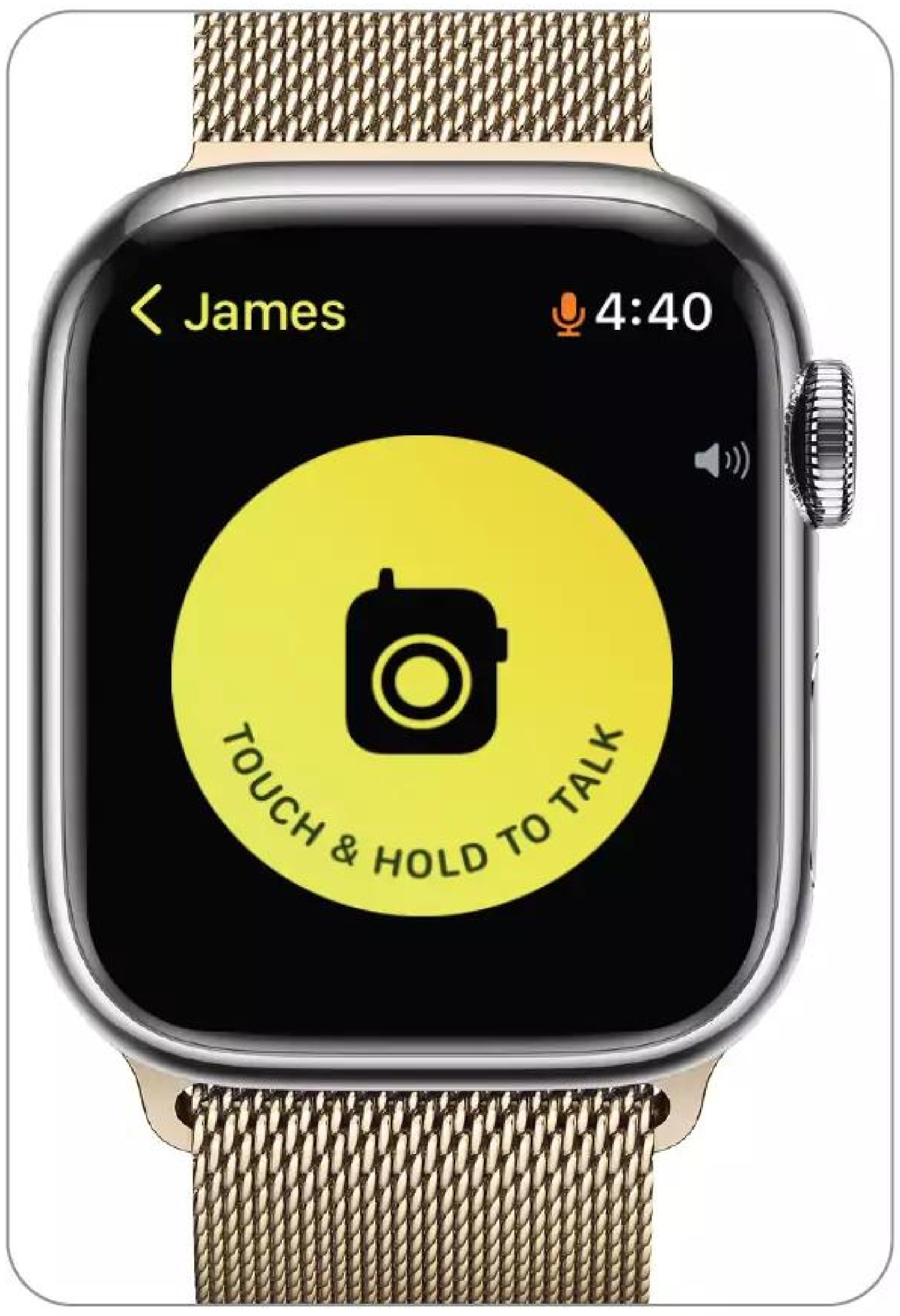
2 Scroll up the screen for a list of your contacts, drawn from the Contacts app. Find someone you wish to add, and tap their name. You're invited to turn on the Walkie-Talkie app.

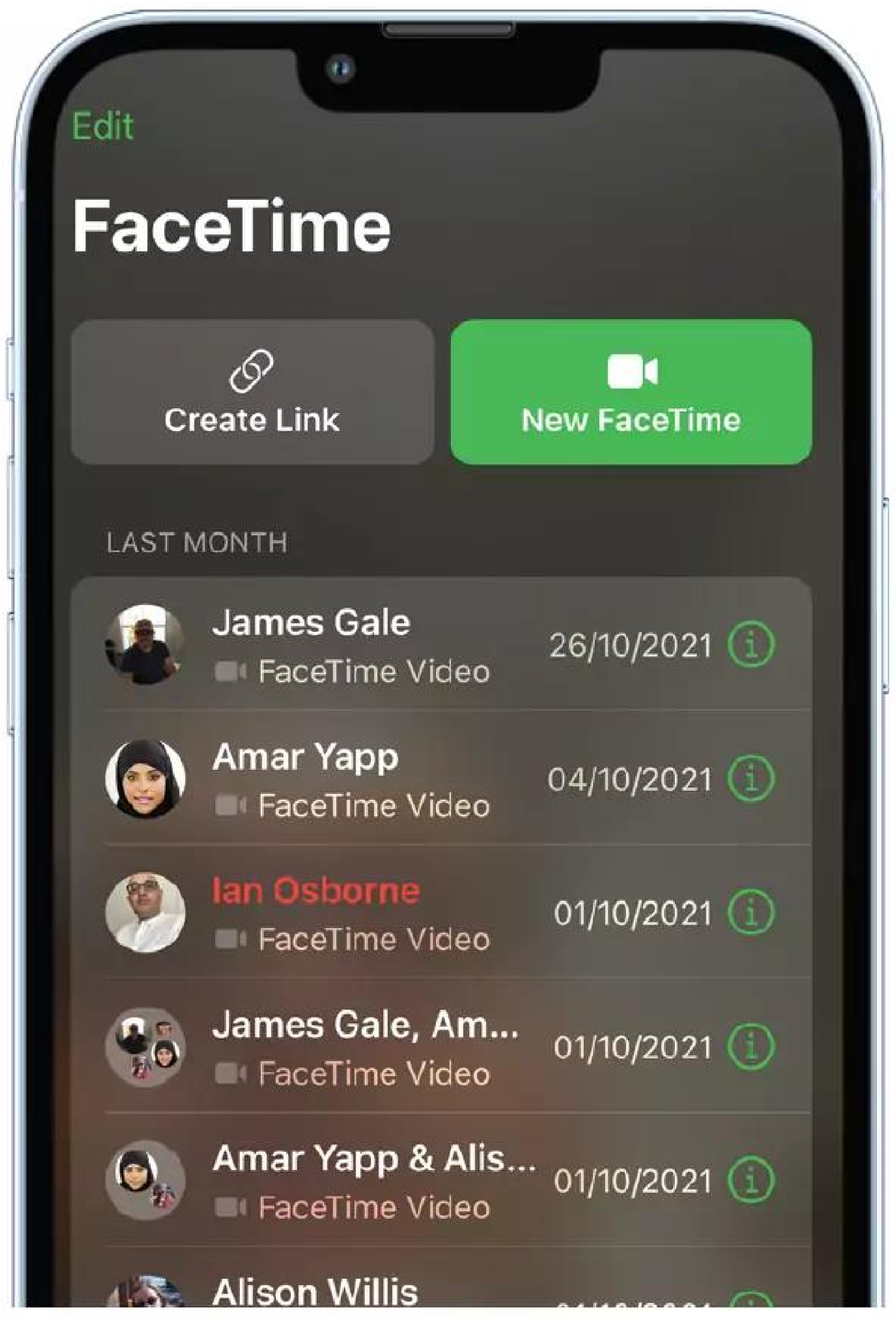
3 The people you add must accept your invitation. When they do, you can converse using the Apple Watch's Walkie-Talkie app, using the watch's built in mic and speakers.

Using Walkie-Talkie

When you're set up and have a few friends registered with Walkie-Talkie, you can make and receive two-way radio calls. It's not great for long conversations, but for a quick spoken message, it's great. And it's fun too!


Walkie-Talkie
5:04
James Gale
Add Friends


James
4:40
TOUCH & HOLD TO TALK

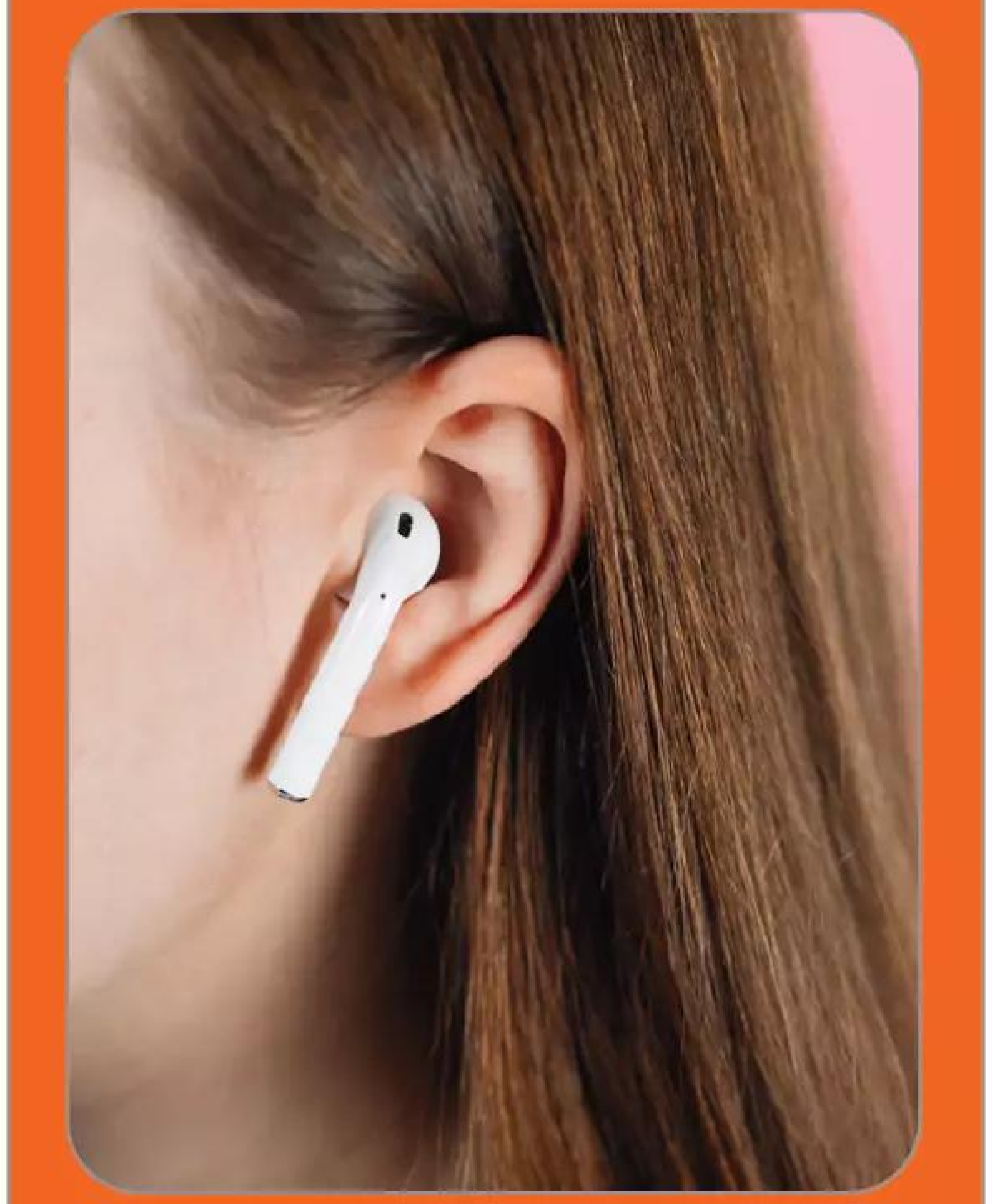

Edit
FaceTime
Create Link
New FaceTime
LAST MONTH
James Gale
FaceTime Video
26/10/2021
Amar Yapp
FaceTime Video
04/10/2021
Ian Osborne
FaceTime Video
01/10/2021
James Gale, Am...
FaceTime Video
01/10/2021
Amar Yapp & Alis...
FaceTime Video
01/10/2021
Alison Willis

1 To initiate a conversation, open the app and make sure it's switched on. Tap one of your friends to initiate a call. Add more friends by tapping the Add Friends button at the foot of the page.

2 While talking on Walkie-Talkie, you must tap and hold the big yellow button on the screen. When you've finished, release it so the other person can talk. Use the Digital Crown to change the volume.

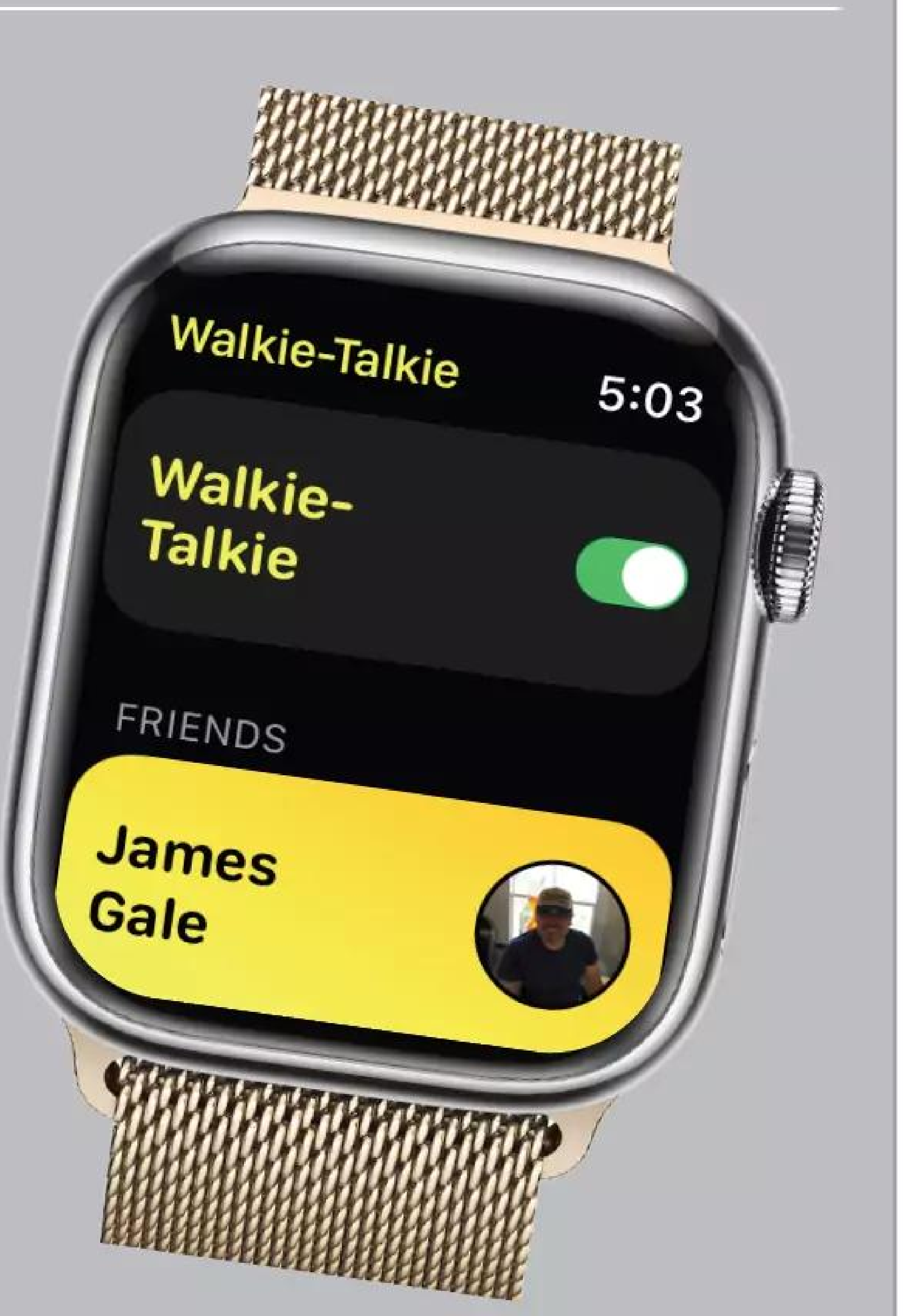
3 To use the Walkie-Talkie app, you must have set up FaceTime on your iPhone. You also need an Internet connection, either through your iPhone or directly on your watch.

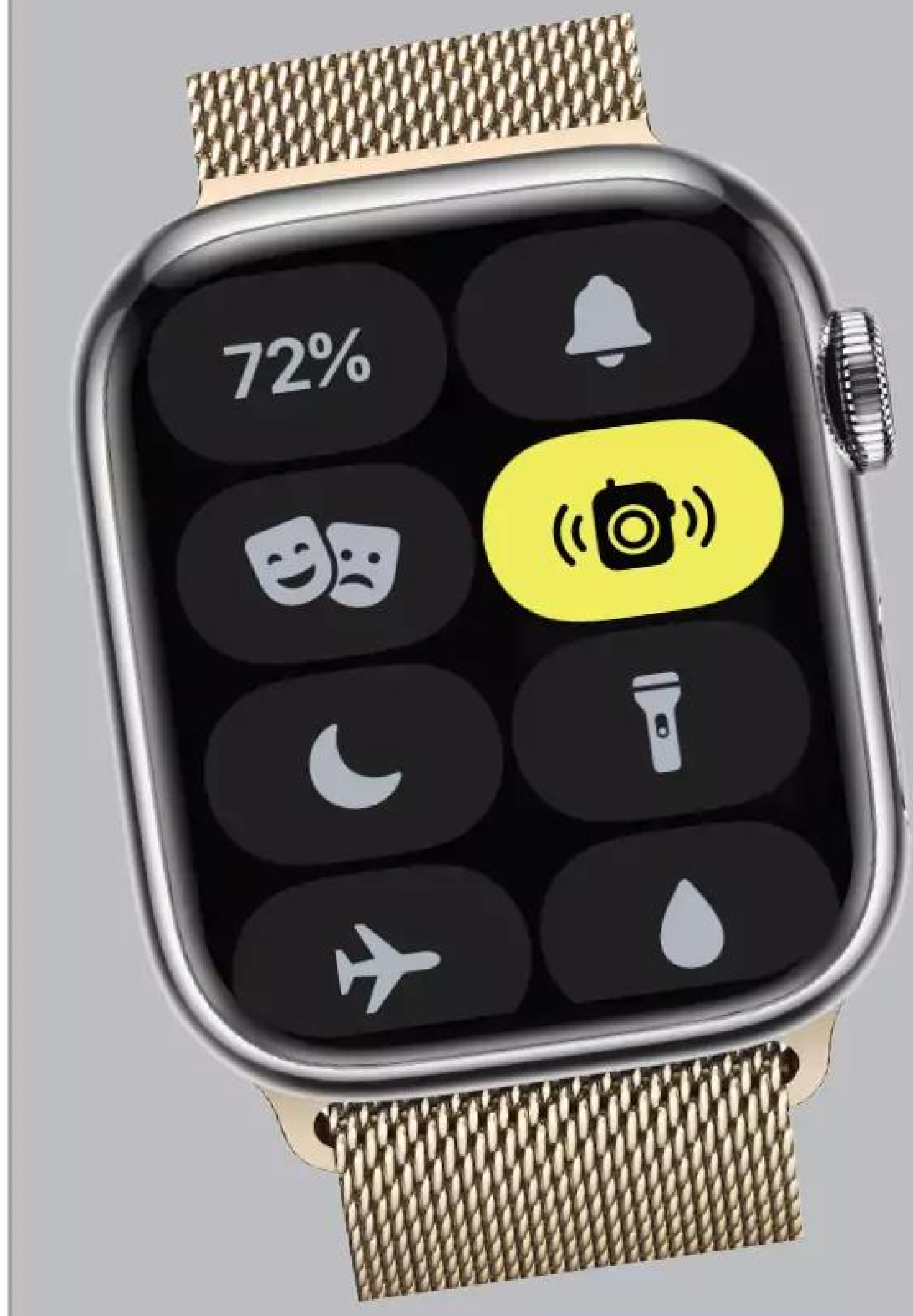
Use Earbuds



It's a good idea to use earbuds or headphones with a built-in mic connected to your Apple Watch when using the Walkie-Talkie app. It saves having to lift the phone to your mouth and tapping the screen at the same time.

Turning it On and Off


Walkie-Talkie
5:03
Walkie-Talkie
FRIENDS
James Gale



1 To turn off the Walkie-Talkie feature on your Apple Watch, open the Walkie-Talkie app and tap the switch at the top of the screen.

2 You can also swipe up from the bottom of the screen to open the control centre, and then tap the Walkie-Talkie icon.

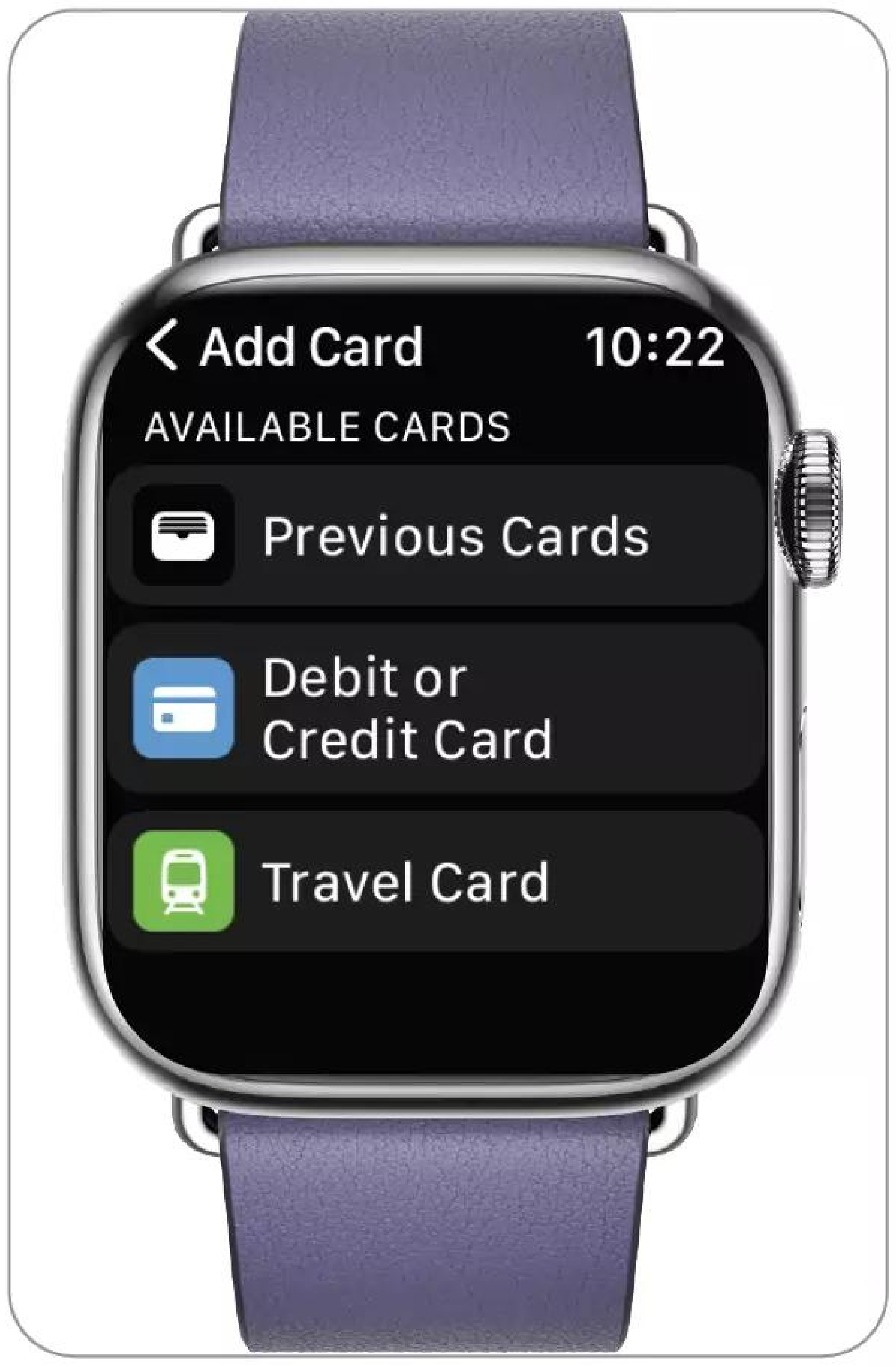
Wallet and Apple Pay on Watch

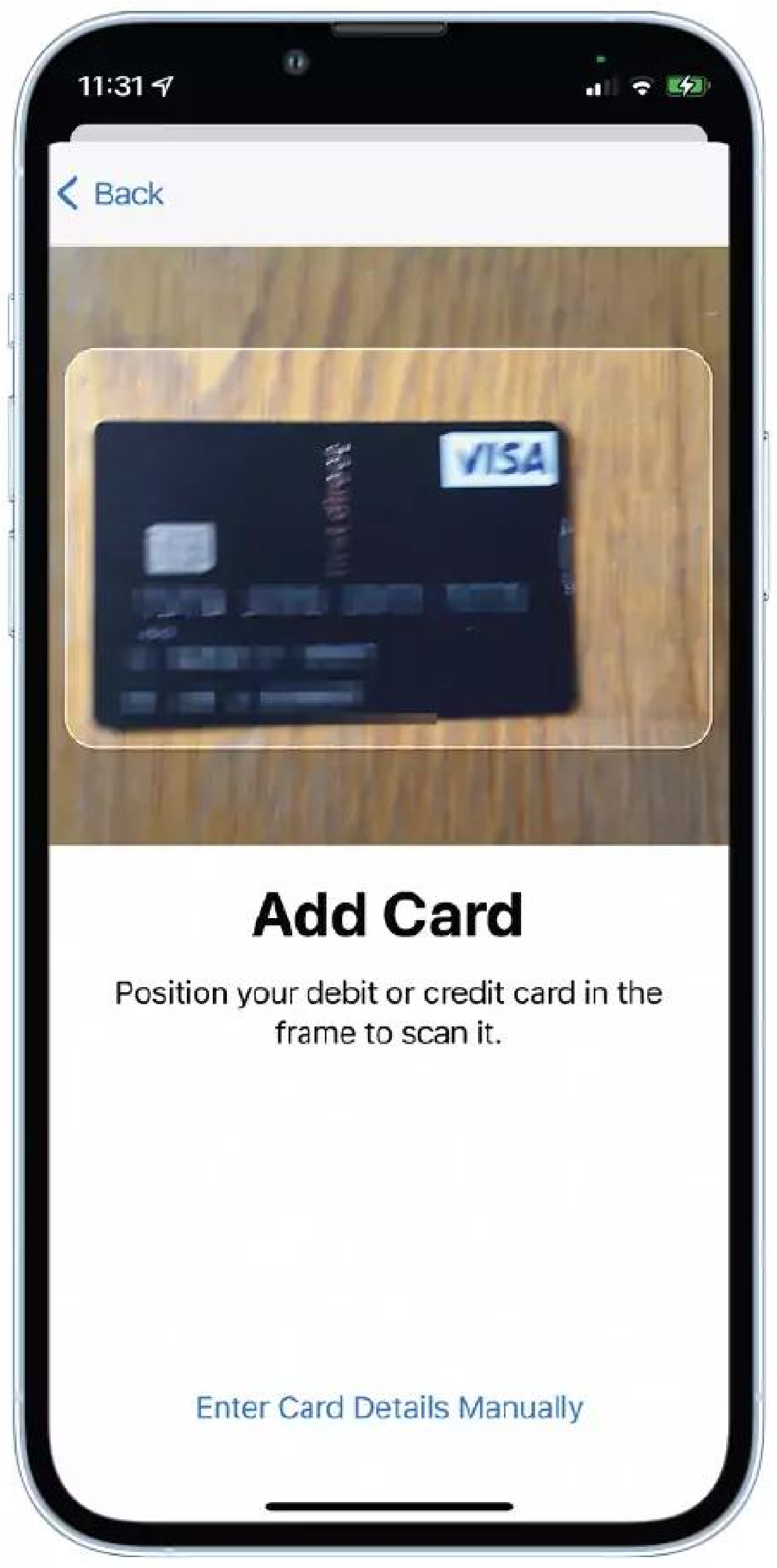
With Apple Pay, you can leave your wallet at home and shop with your iPhone and Apple Watch. Instead of picking through your purse or wallet trying to find the correct credit card, you can store your payment cards on your iPhone 6 or later versions and use them to make payments at the tills. Here's how to set up and use Apple Pay on your iPhone and Apple Watch.

12:19
Express Mode
PAYMENT CARDS FOR PUBLIC TRANSPORT
first direct Debit Card
•••• 6619
first direct Credit Card - Visa
•••• 0048

How to Store Credit and Debit Card Information

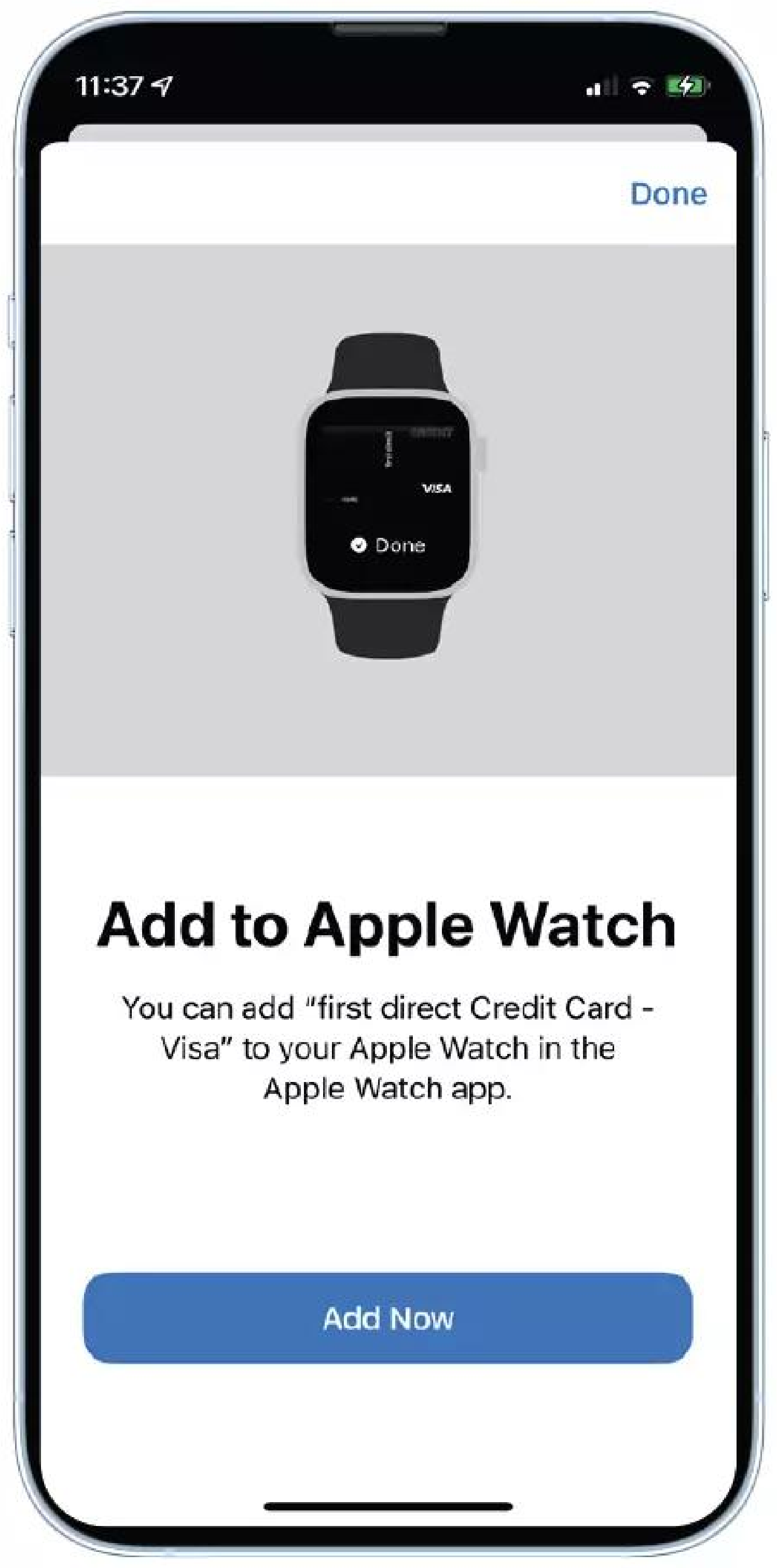
Before you can use Apple Pay at the tills, you need to store your credit or debit card information on your iPhone. It appears on your Apple Watch too, so you can use Apple Pay to make purchases from your phone or your watch.


Add Card
10:22
AVAILABLE CARDS
Previous Cards
Debit or Credit Card
Travel Card


11:31
Back
VISA
Enter Card Details Manually

Add Card

Position your debit or credit card in the frame to scan it.


11:37
Done
Add Now

Add to Apple Watch

You can add "first direct Credit Card - Visa" to your Apple Watch in the Apple Watch app.

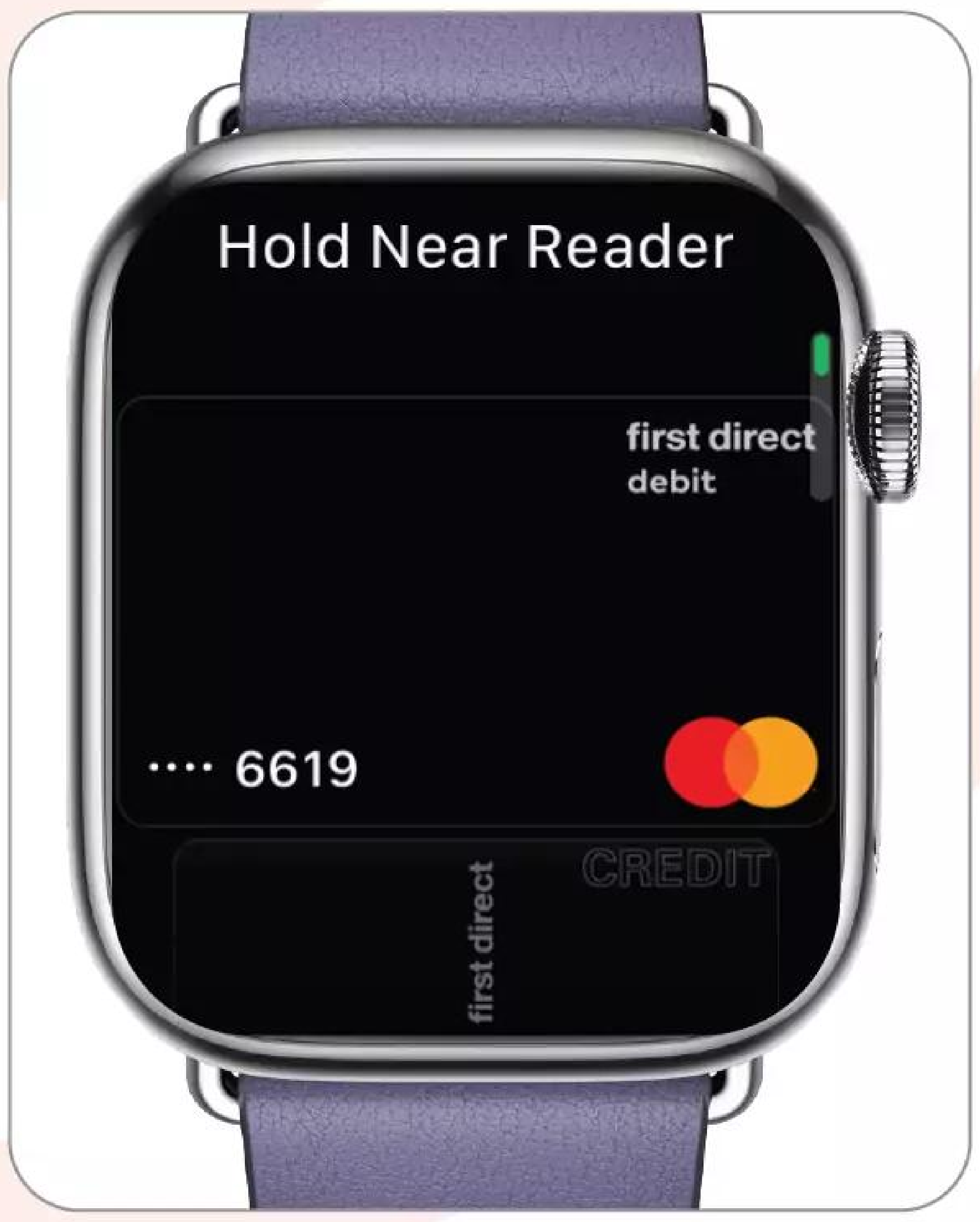
1 Open the Wallet app on your watch and you're invited to add a credit or debit card, or a travel card. If you've previously had cards stored on your Apple Watch, you can re-add them here too. You can add them on the watch itself if you wish, but it's easier to use your iPhone.

2 To add a new card, open your iPhone's Wallet app and tap Add. Choose whether to add a credit, debit or travel card, then tap Continue. Then use your iPhone's camera to take a photo of the card in question, keeping it in the frame. Alternatively, type the information in manually.

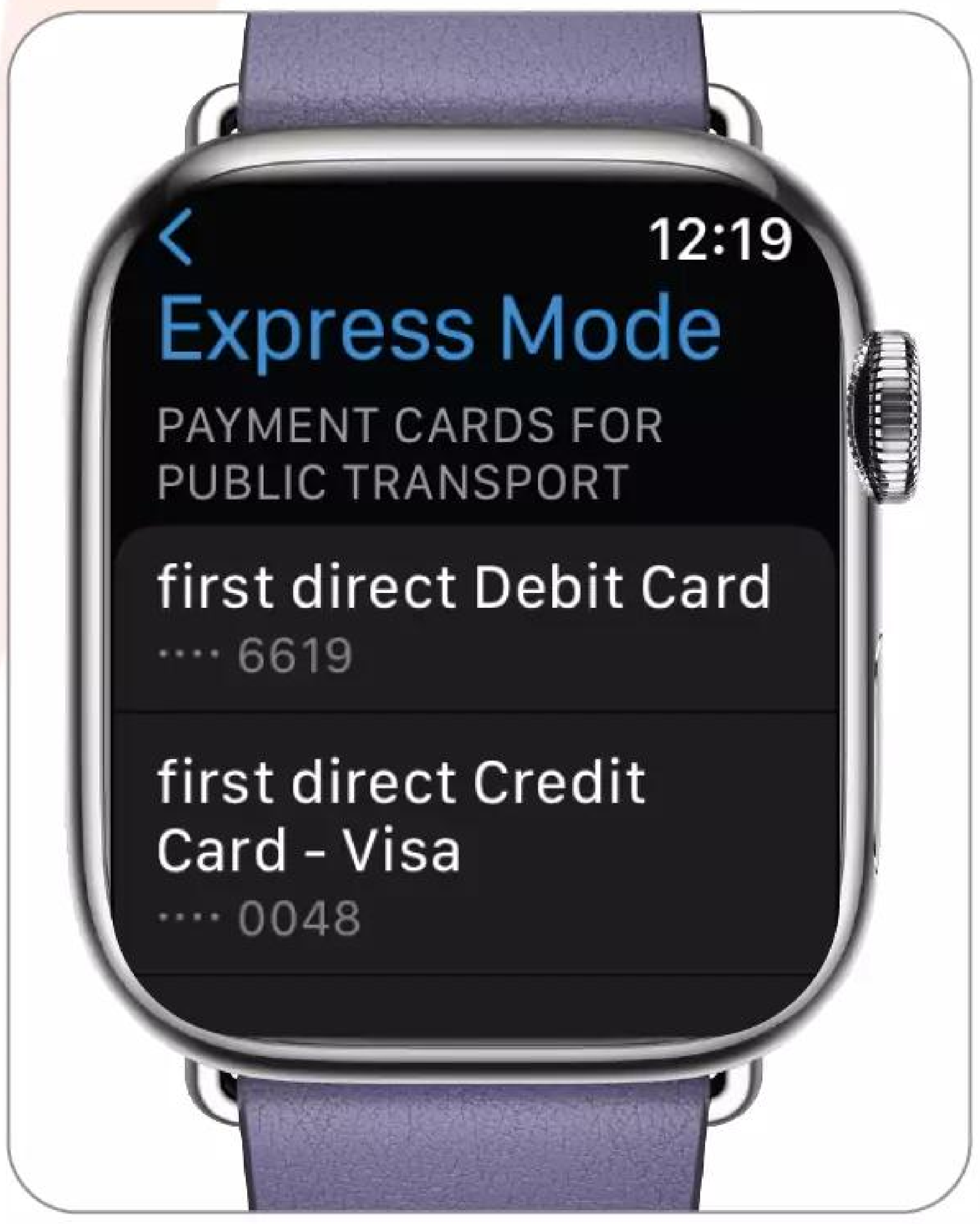
3 Tap Next, and you're asked for the security code from the back of the card. Agree to the T&Cs and you can add the card to your Apple Watch as well. Follow the on-screen instructions to complete. The first card you enter is the default payment card, but you can change this in Settings.

Using Apple Pay with Your Watch

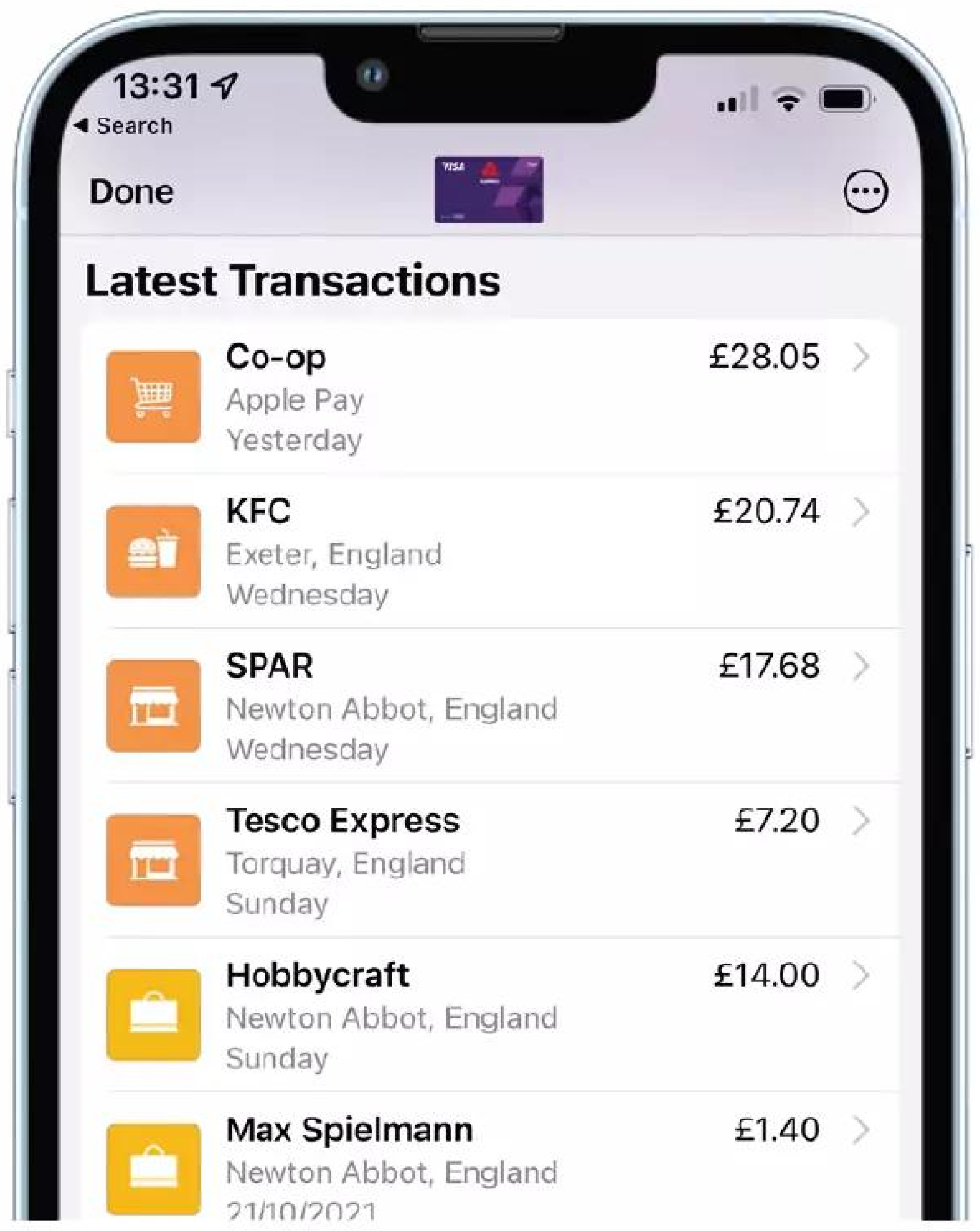
If the store you're shopping in takes Apple Pay, making a payment from your Apple Watch is easy. For security reasons, you have to be wearing your watch, and it has to be unlocked with your passcode. Here's how it works.


Hold Near Reader
first direct
debit
•••• 6619
CREDIT
first direct

1 To access your cards on your Apple Watch, first double-click the side button. Scroll through your cards with the digital crown, and when the one you want to use is showing, hold your watch near the contactless payment terminal. It vibrates to confirm payment.


12:19
Express Mode
PAYMENT CARDS FOR PUBLIC TRANSPORT
first direct Debit Card
•••• 6619
first direct Credit Card - Visa
•••• 0048

2 Using Express Mode, you can use a card without double-tapping the side button first. To turn it on, tap a card, then tap the 'i' for information. Scroll down to Express Mode, tap it, then choose which card you want to use in Express Mode. Tap it, then confirm with your passcode.

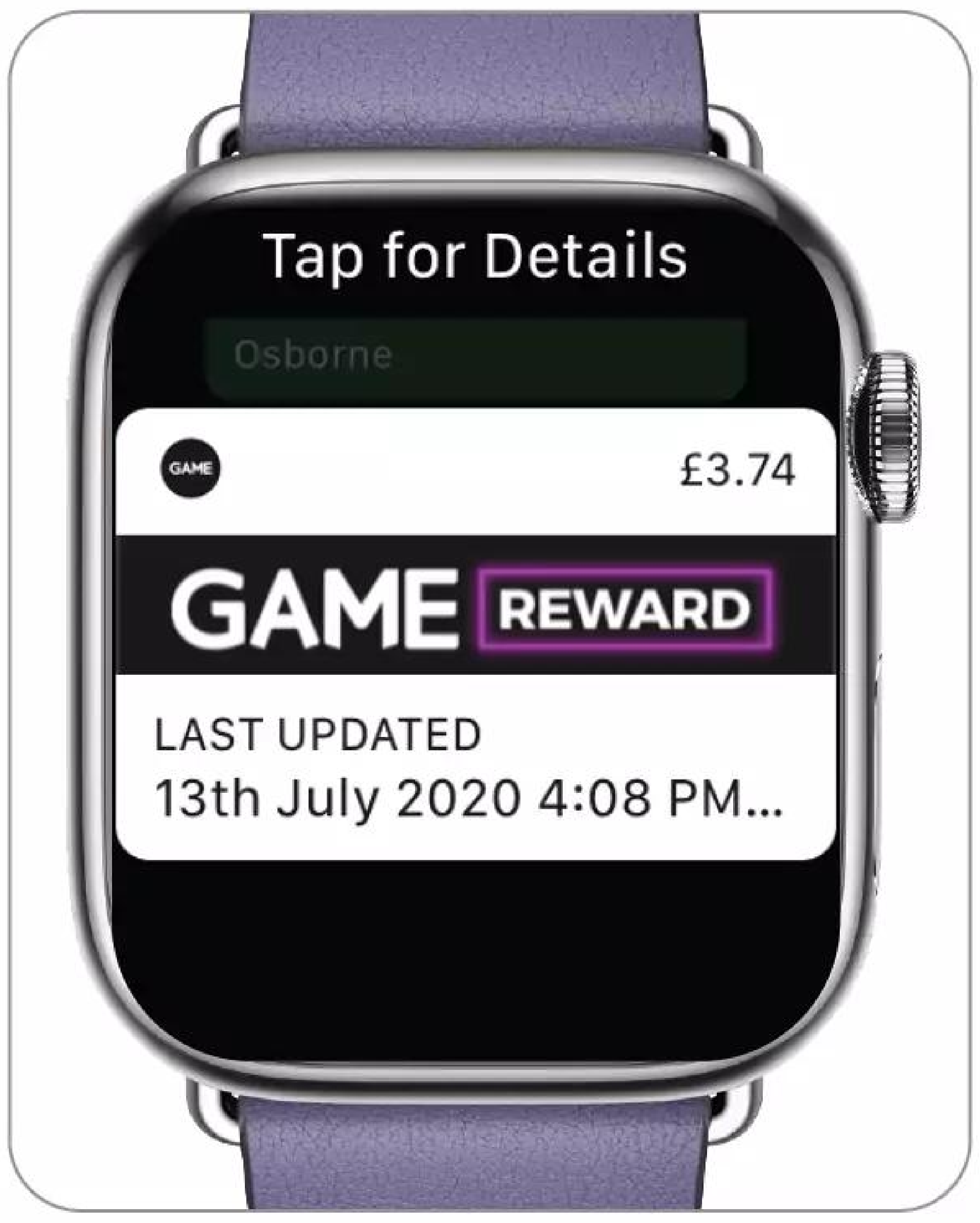

13:31
Search
Done

Latest Transactions

Co-op Apple Pay Yesterday	£28.05
KFC Exeter, England Wednesday	£20.74
SPAR Newton Abbot, England Wednesday	£17.68
Tesco Express Torquay, England Sunday	£7.20
Hobbycraft Newton Abbot, England Sunday	£14.00
Max Spielmann Newton Abbot, England 21/10/2021	£1.40

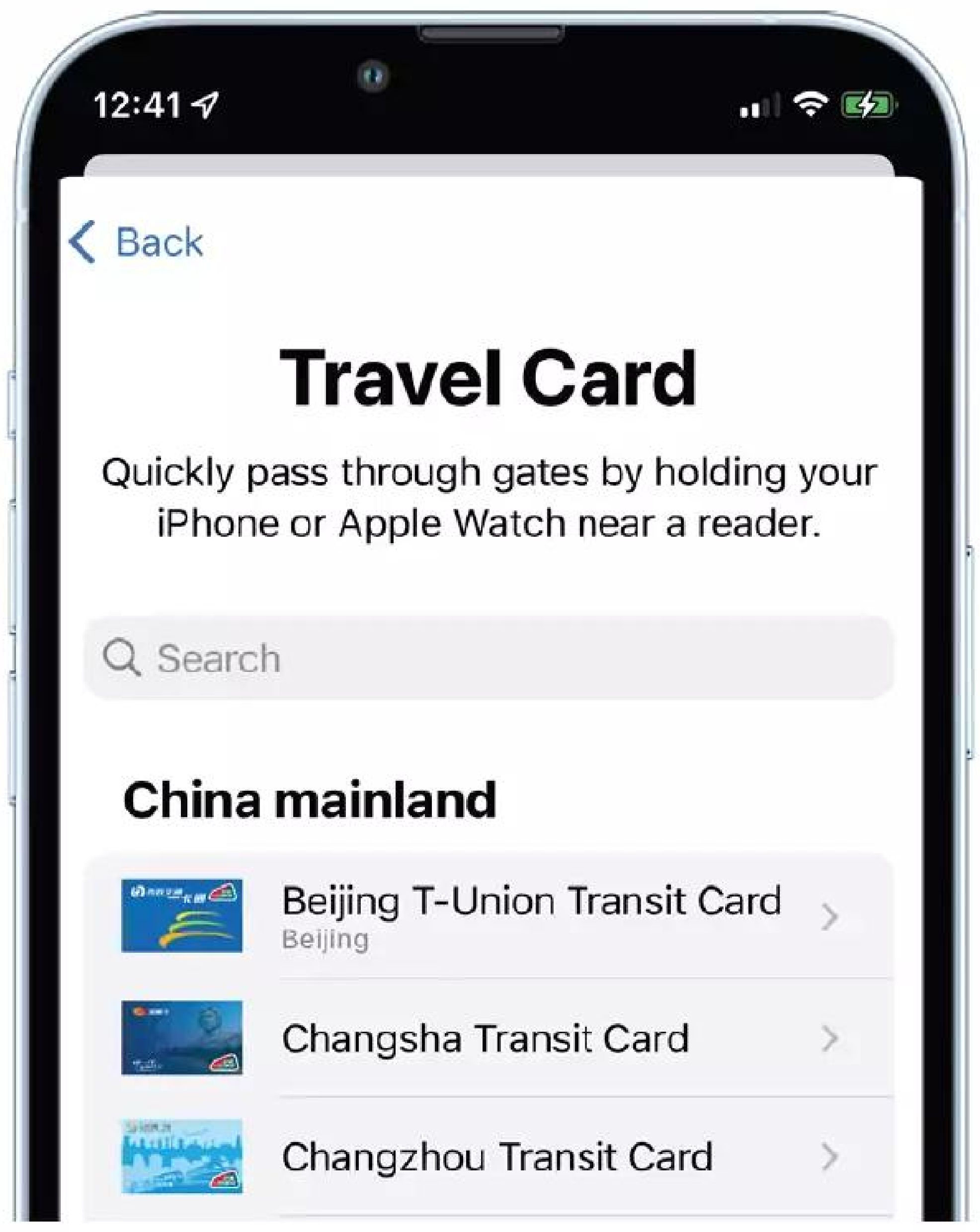
3 You can review payments you've made on your cards using your iPhone or Apple Watch. On your phone, open the Wallet app, tap the card you want to check and it's displayed with recent transactions listed underneath. If they aren't, contact your bank for assistance.

Storing Other Cards on Watch


Tap for Details
Osborne
GAME
£3.74
GAME REWARD

LAST UPDATED
13th July 2020 4:08 PM...

1 If you add a loyalty card's iPhone app, it might support the Wallet app too, which lets you access the card alongside your payment cards. If it does, it will appear on your Watch.


12:41
Back
Search

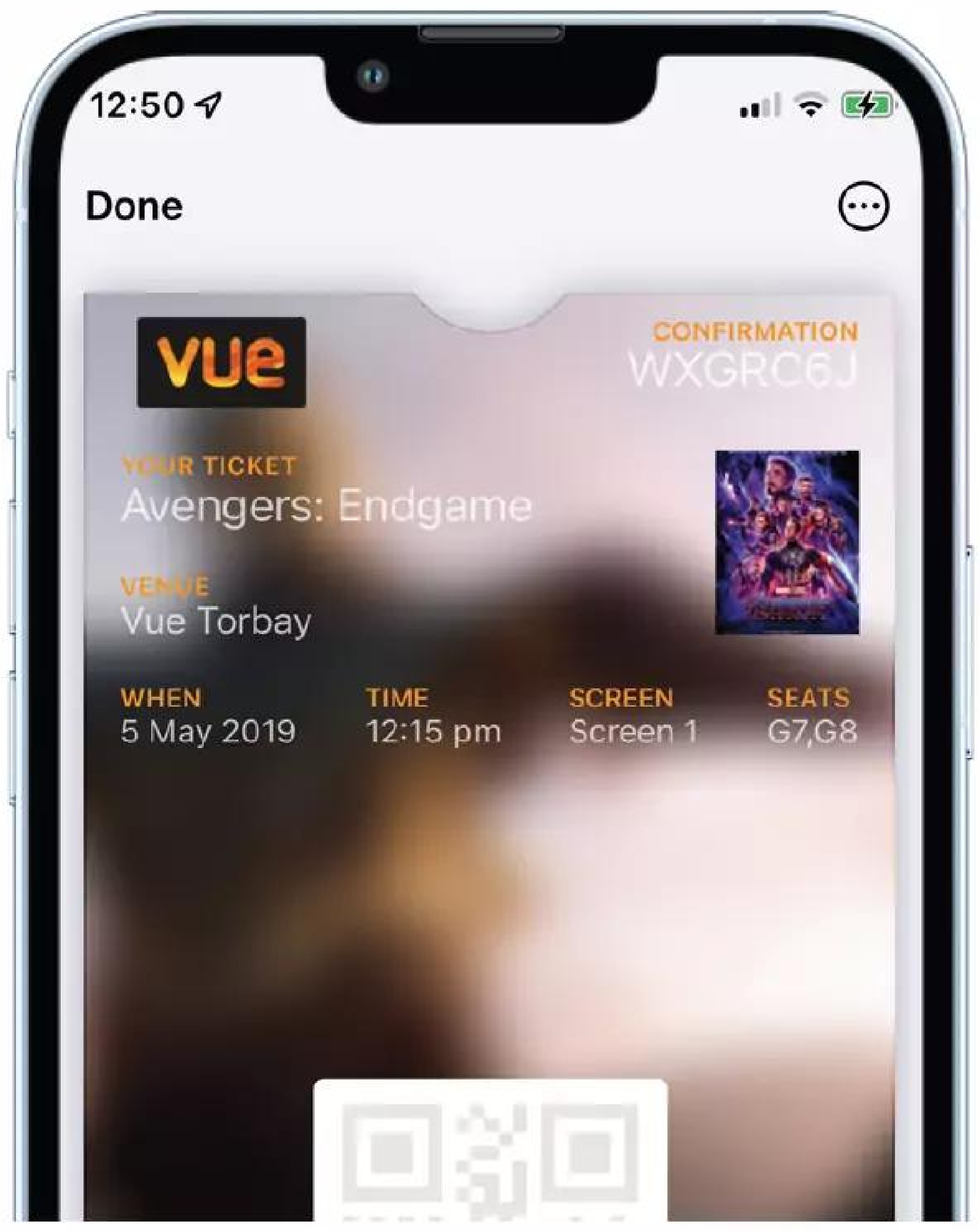
Travel Card

Quickly pass through gates by holding your iPhone or Apple Watch near a reader.

China mainland

- Beijing T-Union Transit Card
  Beijing
- Changsha Transit Card
- Changzhou Transit Card

2 In some territories, you can store travel cards in the Wallet app, so you can go through checkpoints without fishing around in your pockets. Unfortunately, it's not available in the UK.


12:50
Done
vue

CONFIRMATION
WXGRC6J
YOUR TICKET
Avengers: Endgame
VENUE
Vue Torbay

WHEN	TIME	SCREEN	SEATS
5 May 2019	12:15 pm	Screen 1	G7,G8

3 If you buy a compatible ticket or pass online, it will appear in both your iPhone and Apple Watch's Wallet app. You can then use it just as you would a paper ticket.

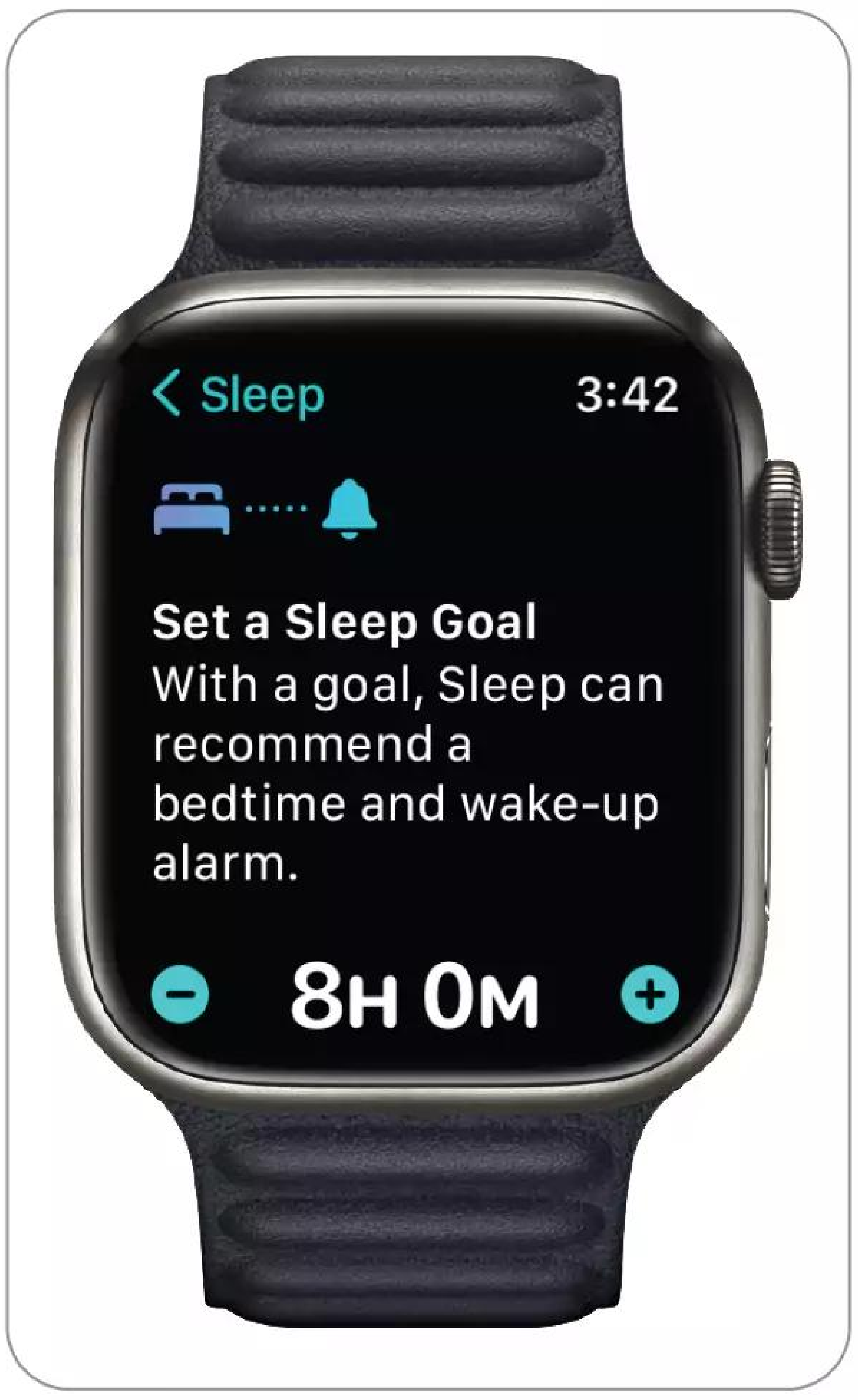
The Watch Sleep App

If you wear your Apple Watch in bed, you can use it to track your sleep, create bedtime schedules and make sure you meet your sleep goals. You can set up sleep goals on a per-day basis, so (for example), you can have a lie-in at the weekend, and still get up for work on weekdays. With our help, you can use the Sleep app to get a better night's sleep.

Sleep
3:52
Bedtime
11:00PM
Wake Up
7:00AM
Add Schedule
+

Setting Up Sleep

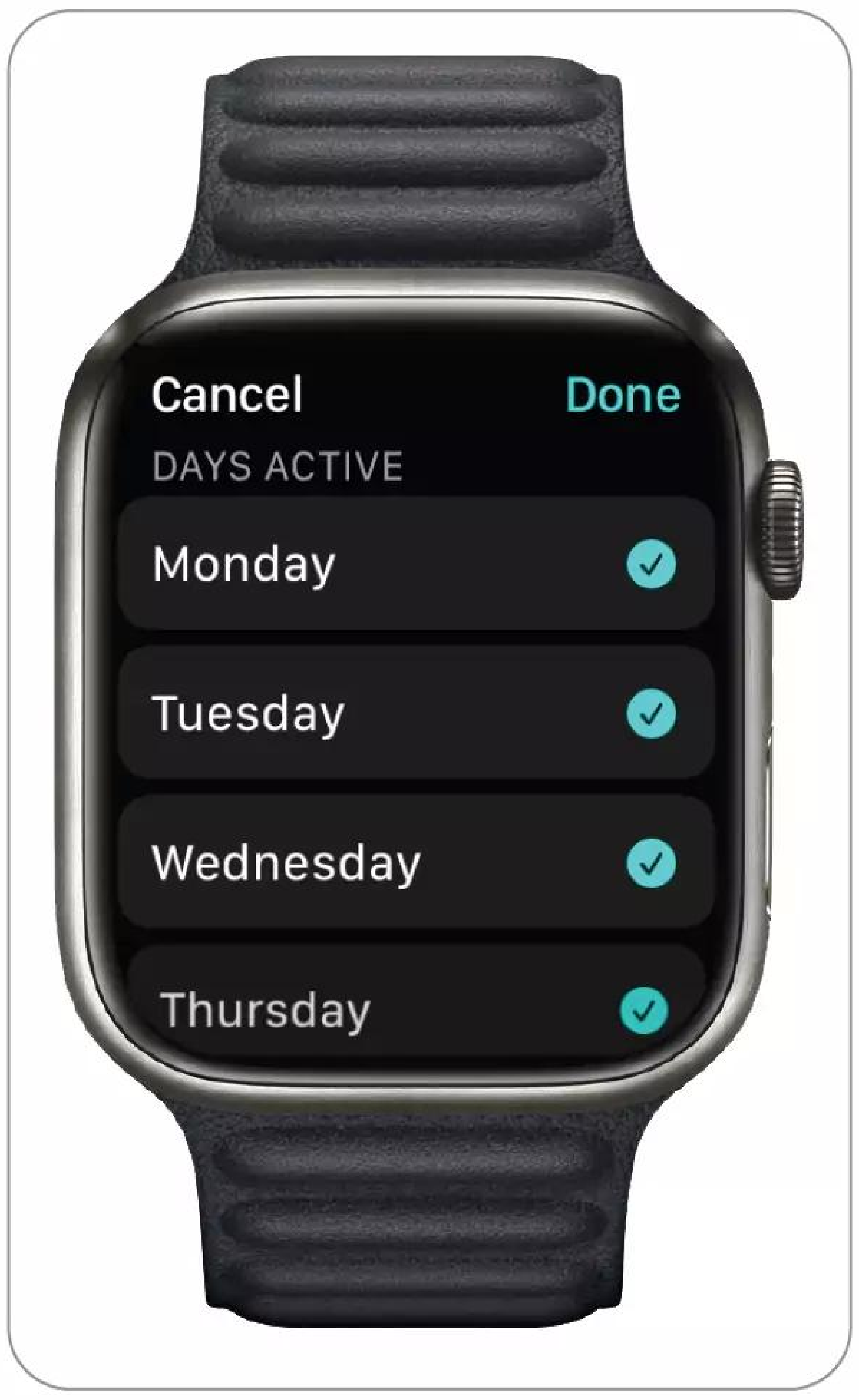
Open the Sleep app on the Apple Watch; it's the blue icon with a bed on it. You can then set it up and use it to help you get a good night's sleep. You can even use Sleep Tracking to see how well you slept during the night.



< Sleep 3:42

Set a Sleep Goal
With a goal, Sleep can recommend a bedtime and wake-up alarm.

− 8H 0M +



Cancel Done

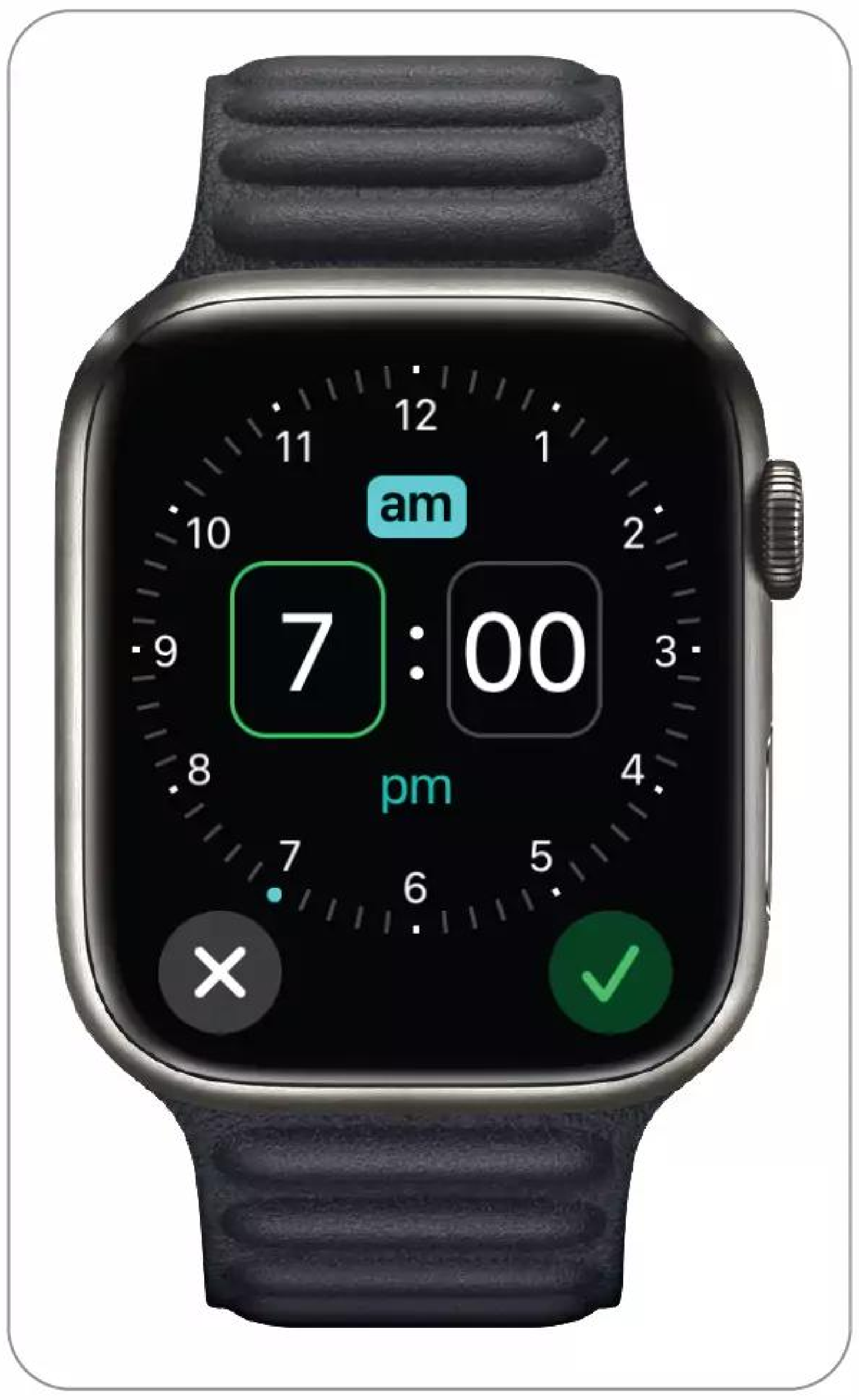
DAYS ACTIVE

Monday ✓

Tuesday ✓

Wednesday ✓

Thursday ✓

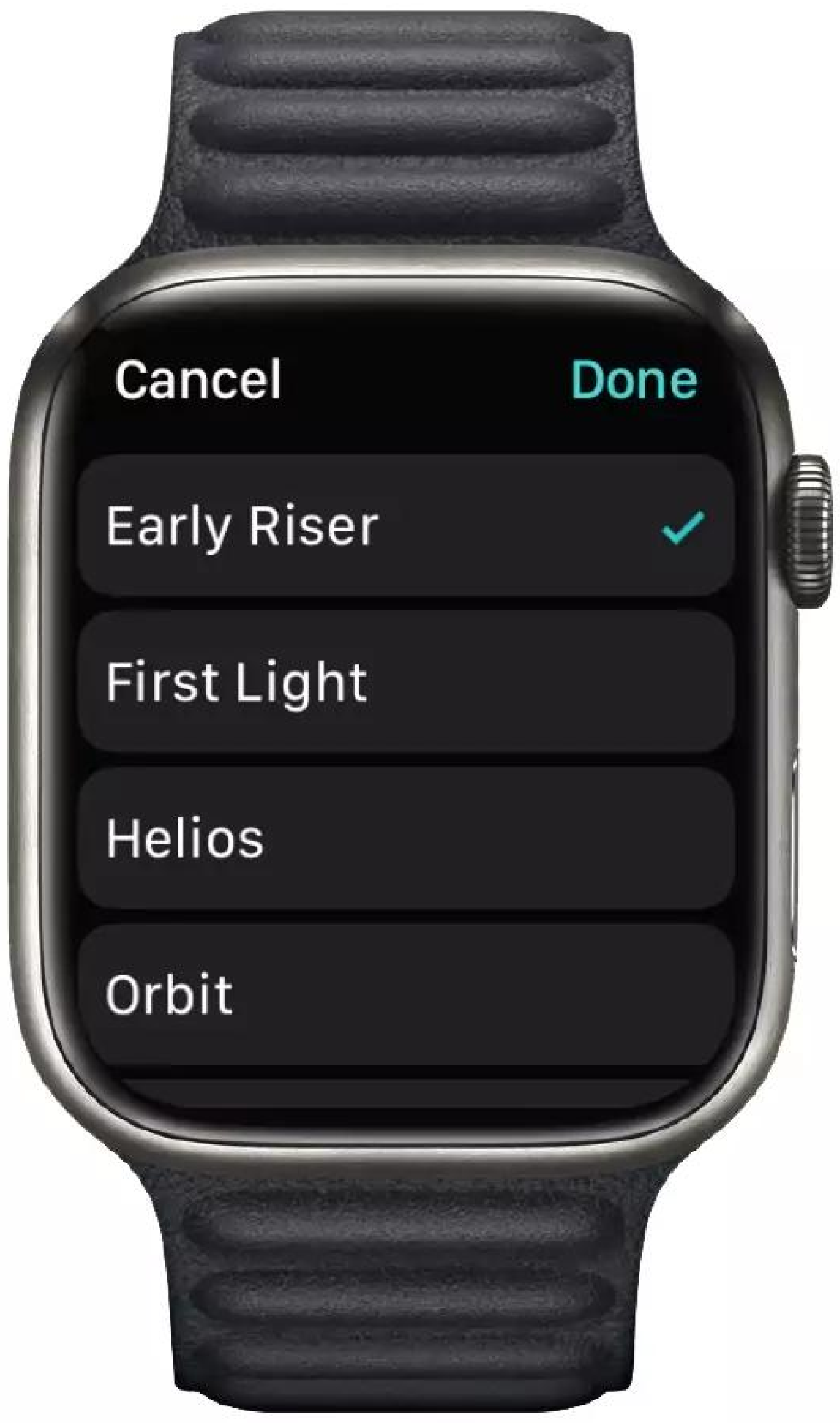


7 : 00

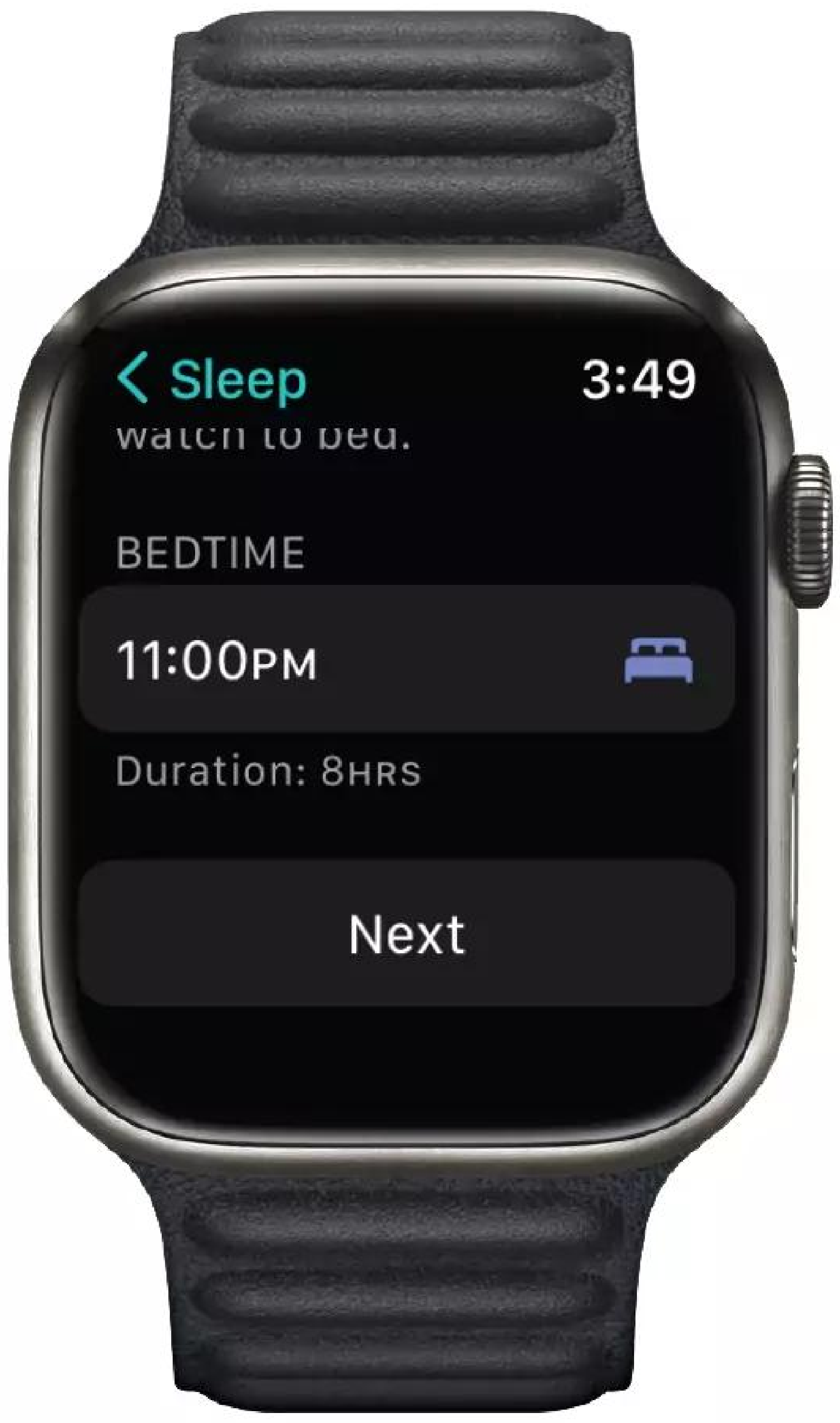
1 Open the Sleep app and follow the on-screen instructions. The first setting you must change is how long you want to sleep at night. Use the '+' and '-' icons to set the time, then scroll up and tap Next.

2 On the next page, tap the Active On button, currently showing 'Every Day', and choose which days you want the sleep programme to be active on. Untick the ones you don't want it to be active on.

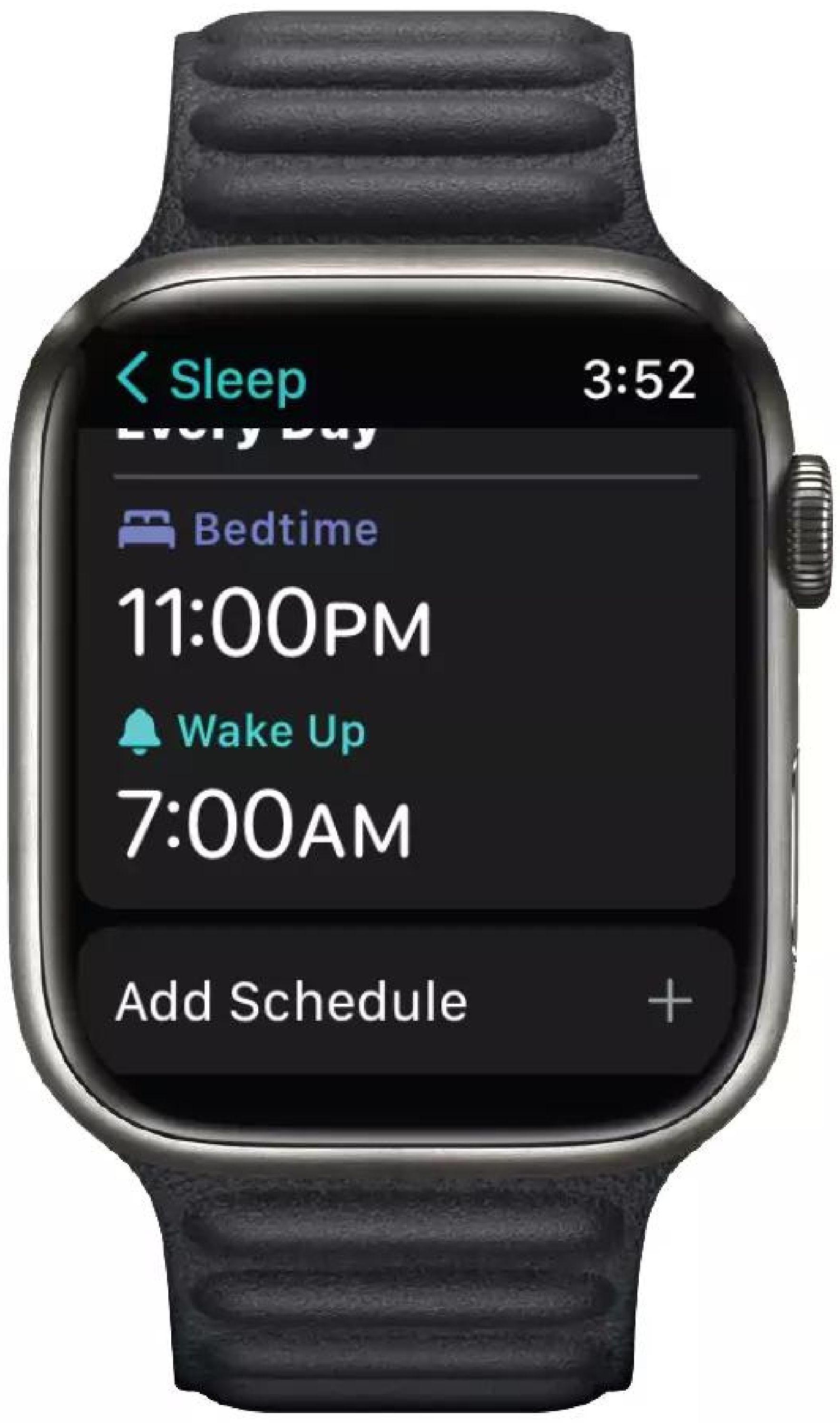
3 Tap the time listed under Wake Up and set a time at which you want to be woken. Tap the tick when done to go back to the previous screen, where you can switch the alarm on or off.


Cancel
Done
Early Riser ✓
First Light
Helios
Orbit

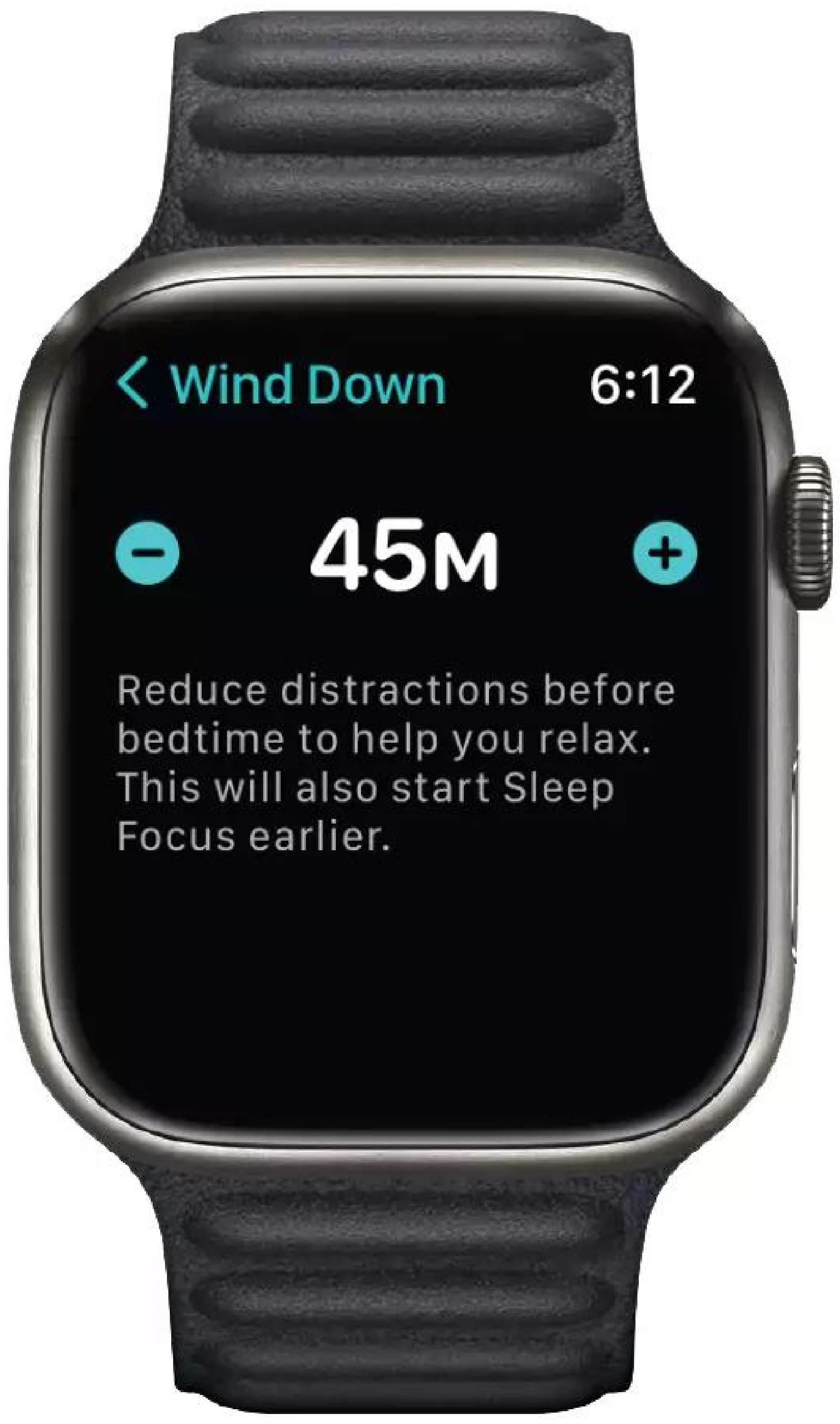
4 Tap Sounds & Haptics, and you can choose an alarm sound to play, assuming you wear your watch in bed. Tap the options one by one to see what they sound like, then tick the one you settle on.


Sleep
3:49
watch to bed.
BEDTIME
11:00PM
Duration: 8HRS
Next

5 Finally, there's the Bedtime setting at the foot of the Bedtime settings page. Tap the currently stored time and set a time for when you want to go to bed. When you've finished, tap Next.

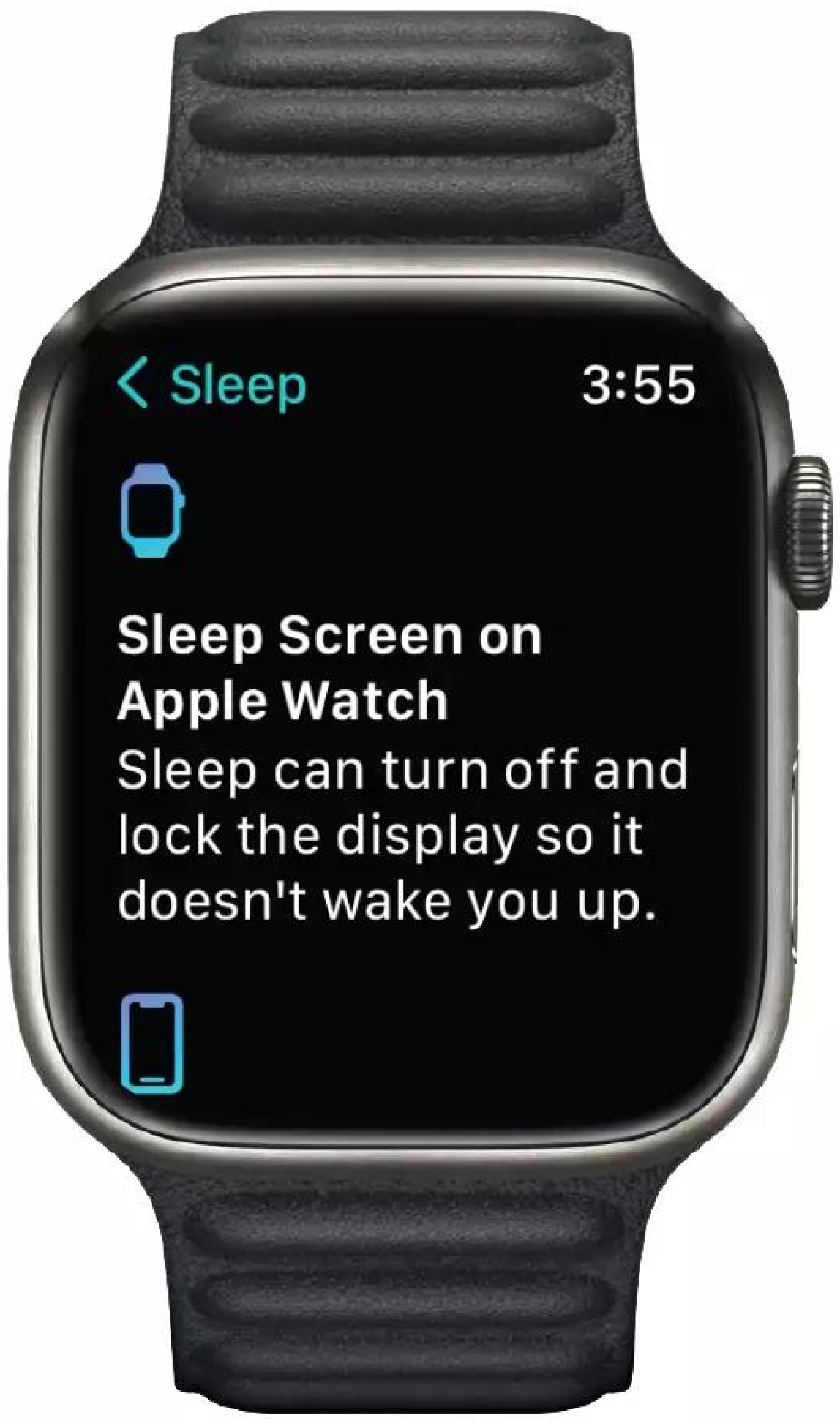

Sleep
3:52
Bedtime
11:00PM
Wake Up
7:00AM
Add Schedule +

6 Your schedule is displayed. If you want to add another – maybe if you've set up a weekday one for work, and now want to add a weekend one – tap Add Schedule. Otherwise tap Next.


Wind Down
6:12
45M

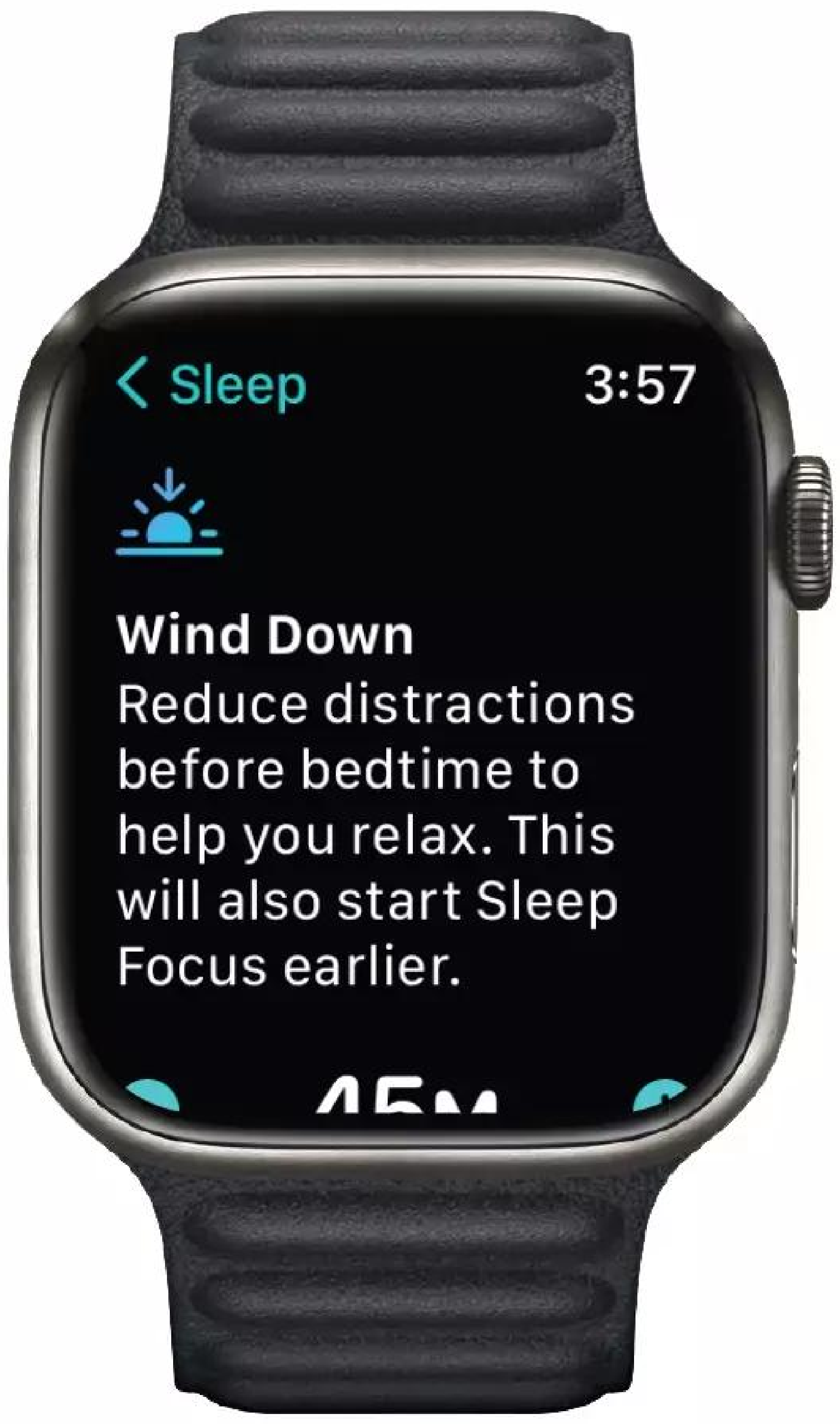
Reduce distractions before bedtime to help you relax. This will also start Sleep Focus earlier.

7 Set a wind-down time for you to relax and unwind for a specified period before you go to bed, to help you get to sleep more easily. Use the '+' and '-' buttons to set the length of time before bedtime activates.



Sleep Screen on Apple Watch
Sleep can turn off and lock the display so it doesn't wake you up.

8 You can also enable a feature that when you're asleep, it turns off your Apple Watch's screen so it doesn't wake you up, and adds Sleep to the iPhone's lock screen. Again, choose Enable or Skip.



Wind Down
Reduce distractions before bedtime to help you relax. This will also start Sleep Focus earlier.

9 Set a wind-down time for you to relax and unwind for a specified period before you go to bed, to help you get to sleep more easily. After that, you're told about charging alerts, and you're done.

Things to do on Your Watch

There's plenty you can do on your Apple Watch, and we show you how. We take an in-depth look at its sports and fitness capabilities, and also what your Watch can do to aid your health and wellbeing. You can use your Watch as a remote controller for Apple TV and Music, and if you need to record a voice memo, do so right there on your wrist. Did you know you can use your Apple Watch to unlock your Mac or your iPhone? We show you how, and also how to take screenshots of your Apple Watch face.

Activity
17:18

Activity
2:30

Sports and Fitness

One of the best things about the Apple Watch is its sports and fitness features. You can time your workouts and record important information such as calories burned, time spent working out and average heart rate. Review your exercise in the Activity app, check on your blood oxygen levels and more.

2:49
529
50
08
MUSIC

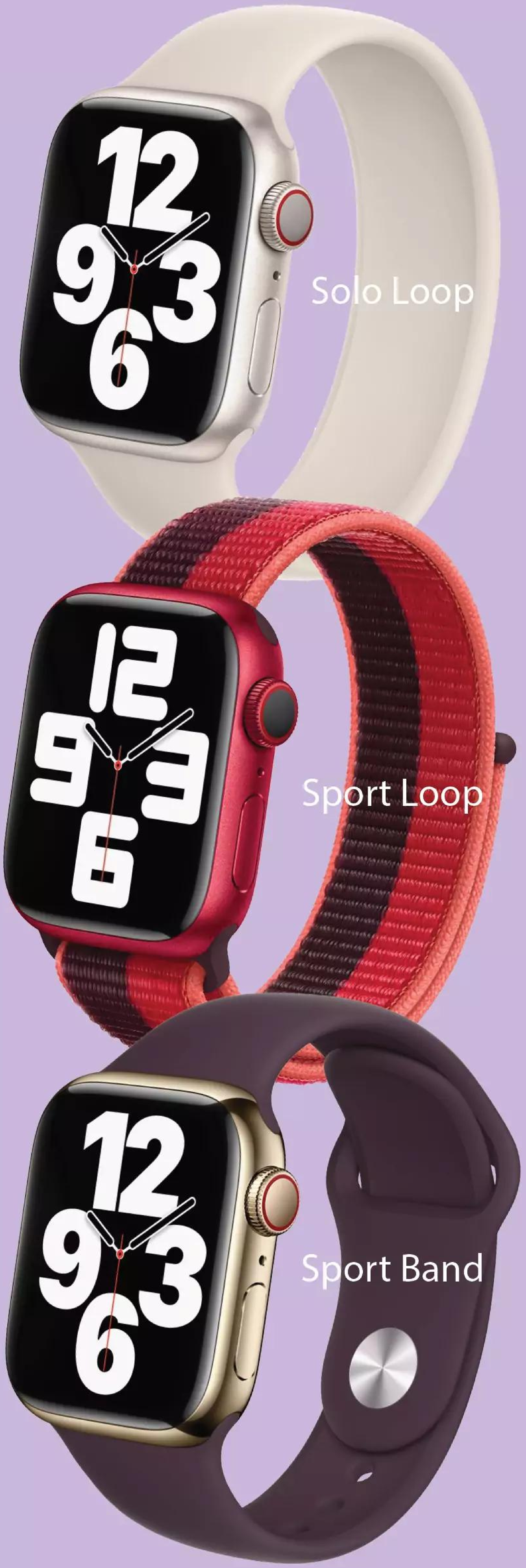
Sports Straps

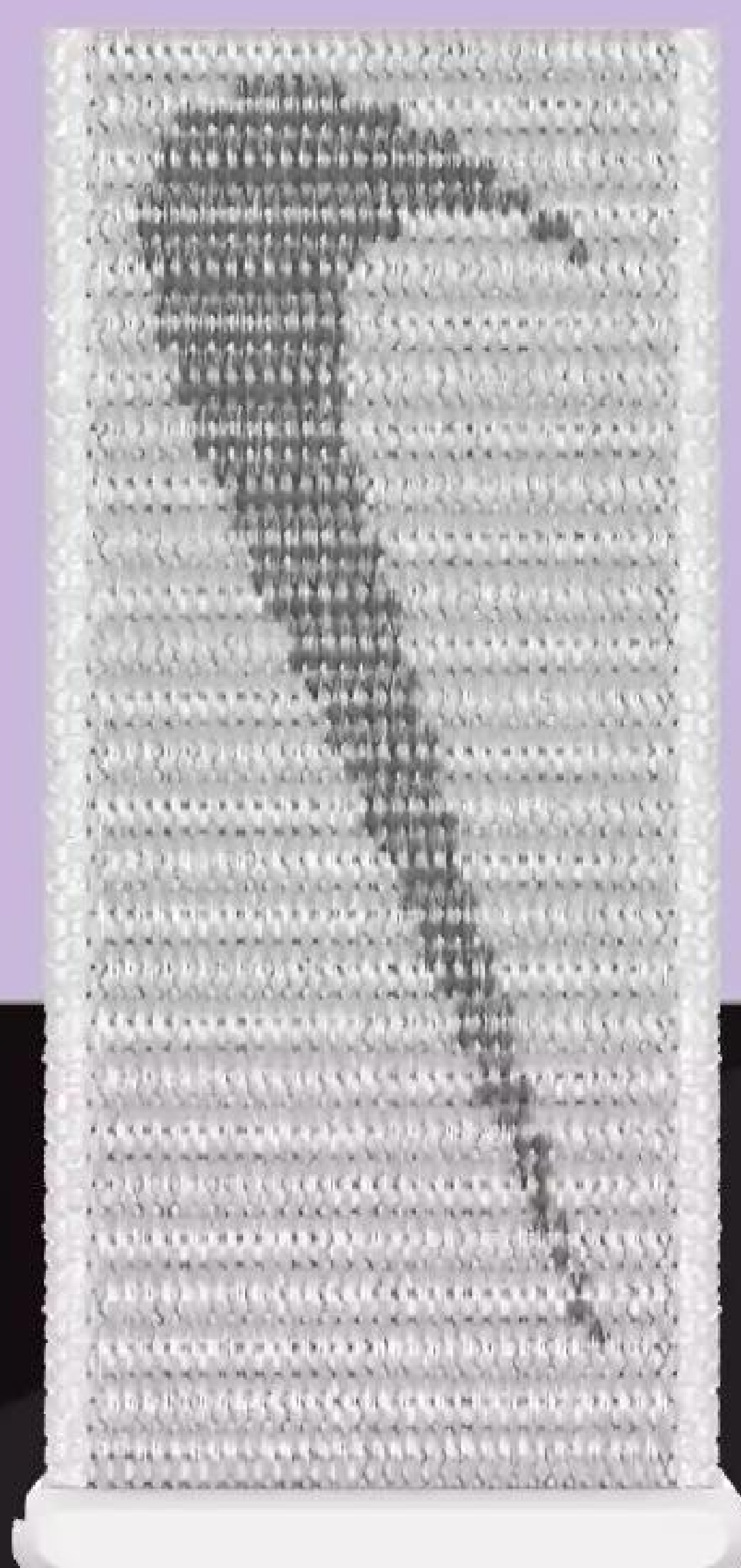
There are several straps available for the Apple Watch that are designed with sports in mind. Made from high-performance fluoroelastomer, the Sport Band fastens with a pin-and-tuck system that keeps the loose end of the band in place so there's nothing to get caught in your workout gear. It's soft, comfortable and sweat-proof, so it's ideal for the gym.

The Solo Loop is similar to the Sport Band, but it has no clasp or buckle. Made from liquid silicone rubber, it's a single-piece strap that stretches over your wrist. Comfortable and secure, it's both swim-proof and sweat-proof.

If you prefer a fabric band, there's the Sport Loop. Its hook-and-loop fastener is easy to adjust, and the double-layer nylon weave allows your skin to breathe and moisture to escape. You can even get a Nike-branded Sport Loop.

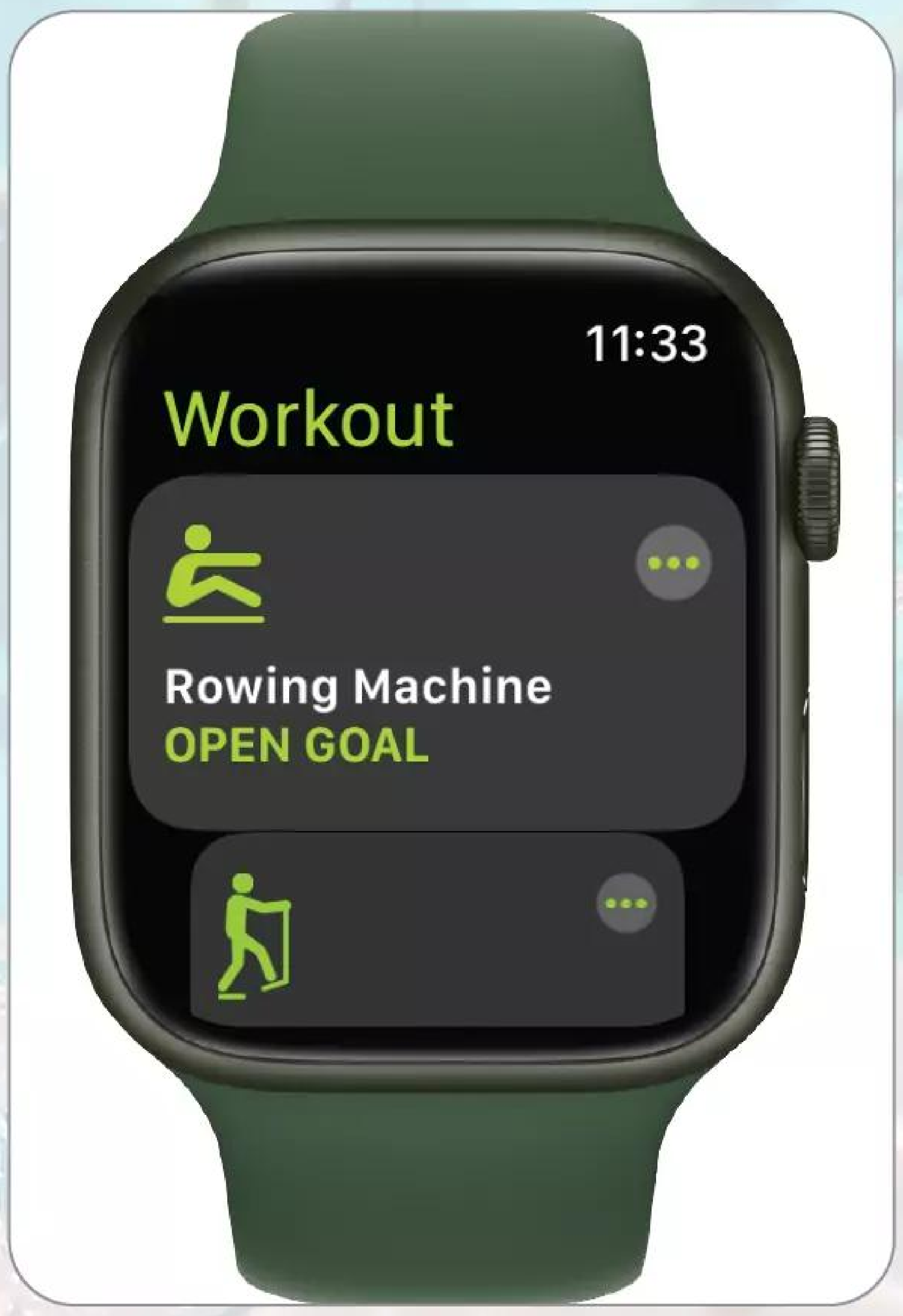
If you bought an Apple Watch with a non-sports strap such as the Milanese Loop or the Link Bracelet, it's a good idea to buy a more sporty strap for your workouts.

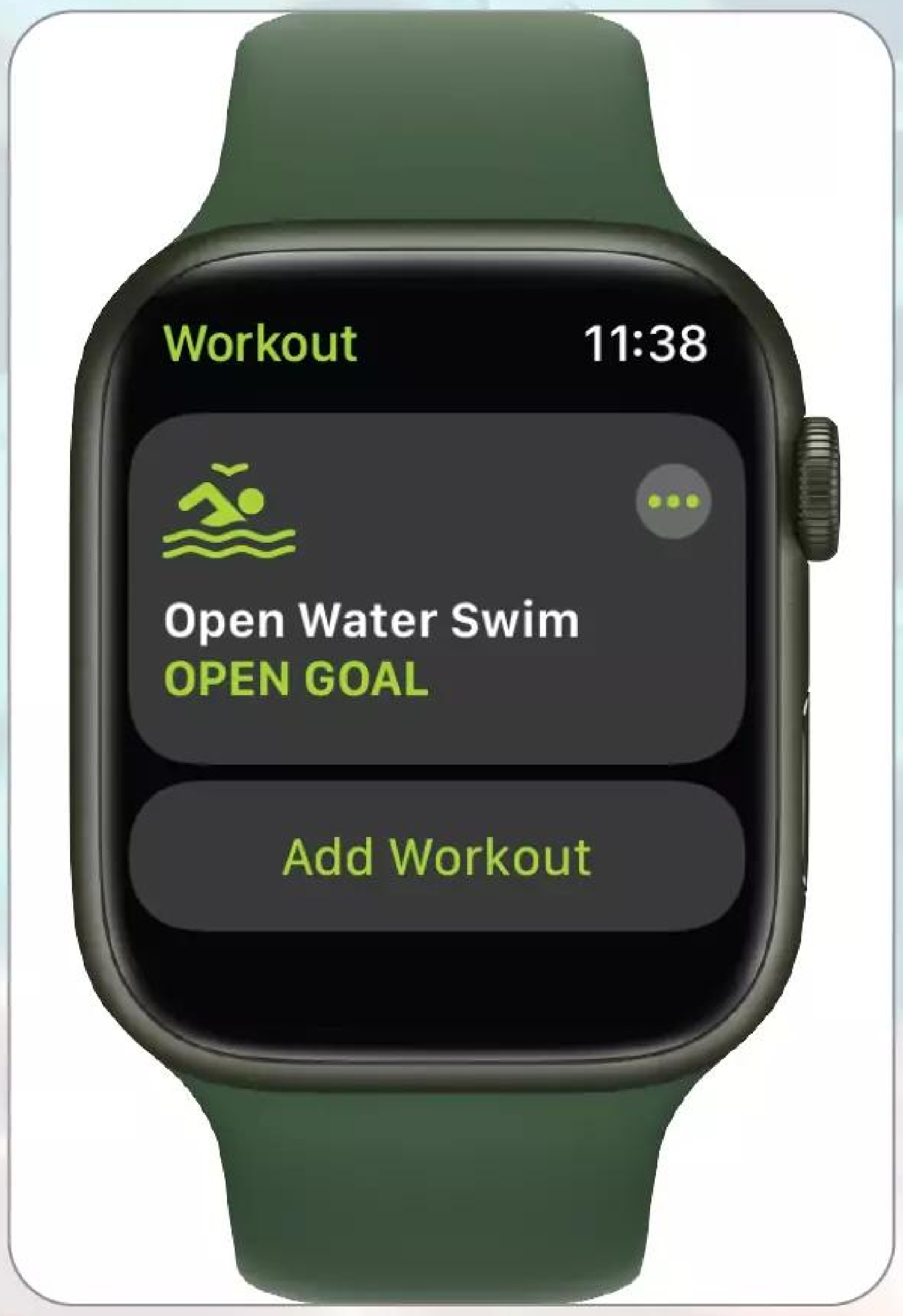


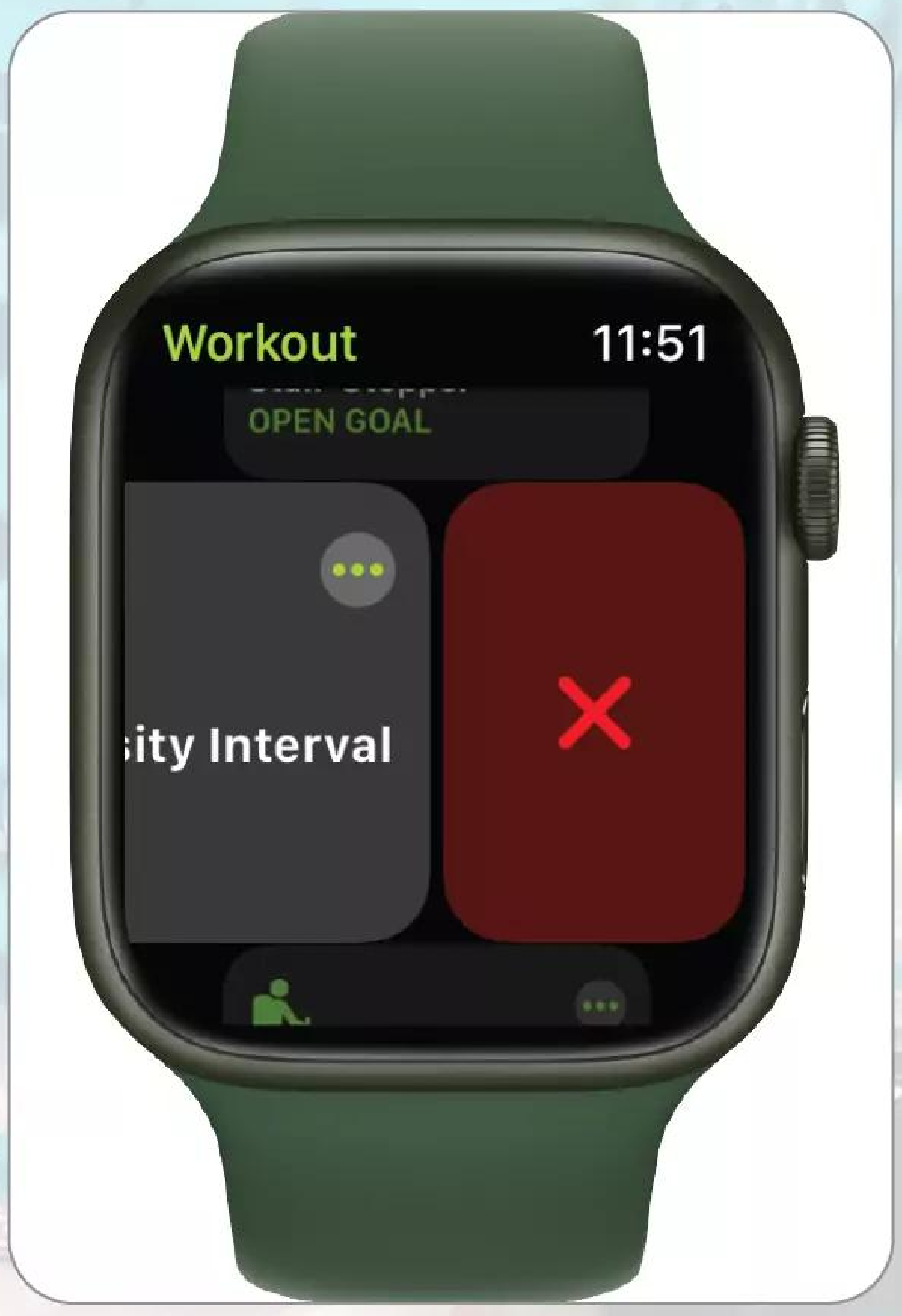


The Workout App

If you like to keep fit at the gym, at home or outdoors, the Workout app is ideal for logging your exercise. There are workouts for rowing machines, walking or jogging, elliptical cross-trainers, cycling and more.


11:33
Workout
Rowing Machine
OPEN GOAL

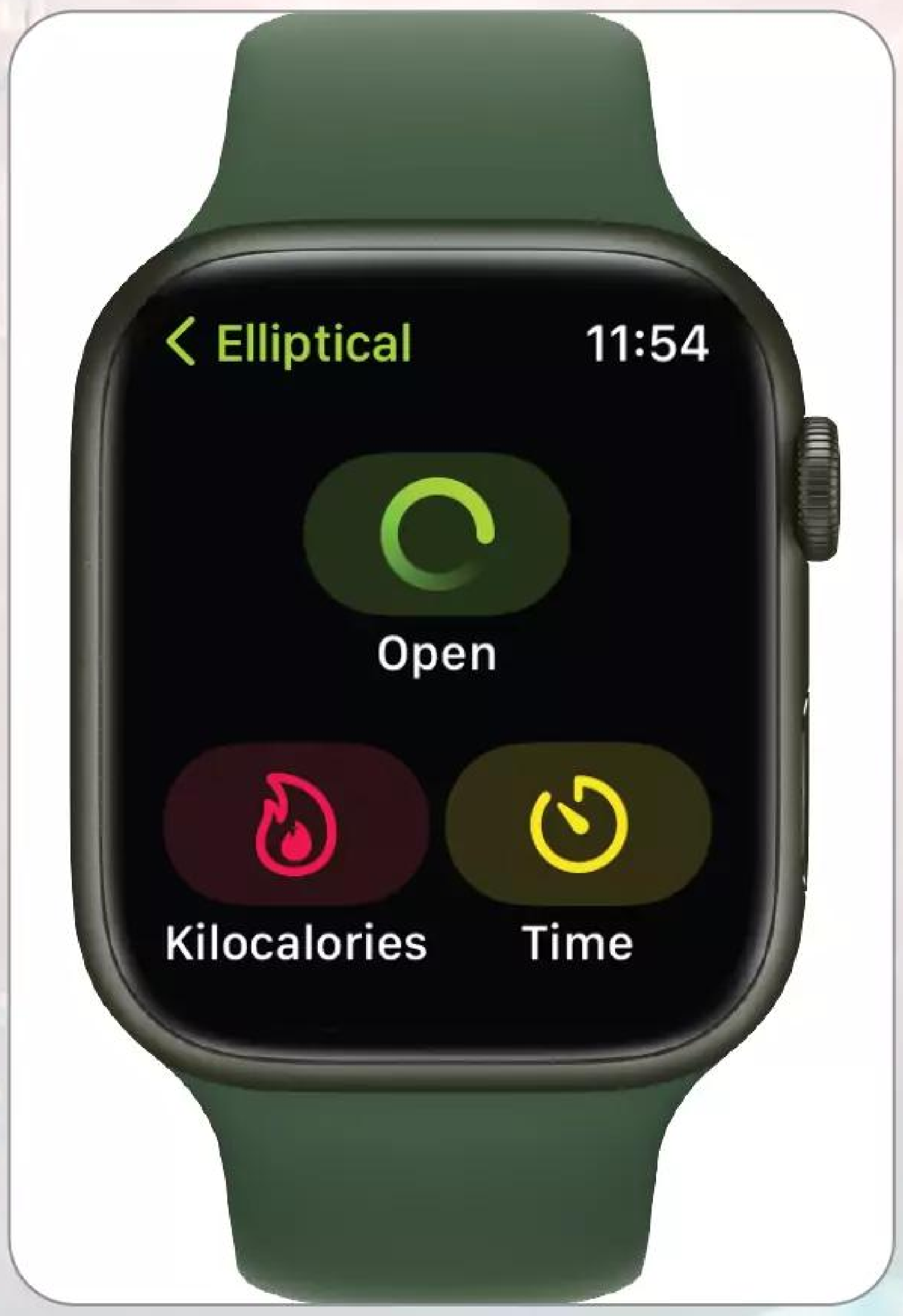

Workout
11:38
Open Water Swim
OPEN GOAL
Add Workout

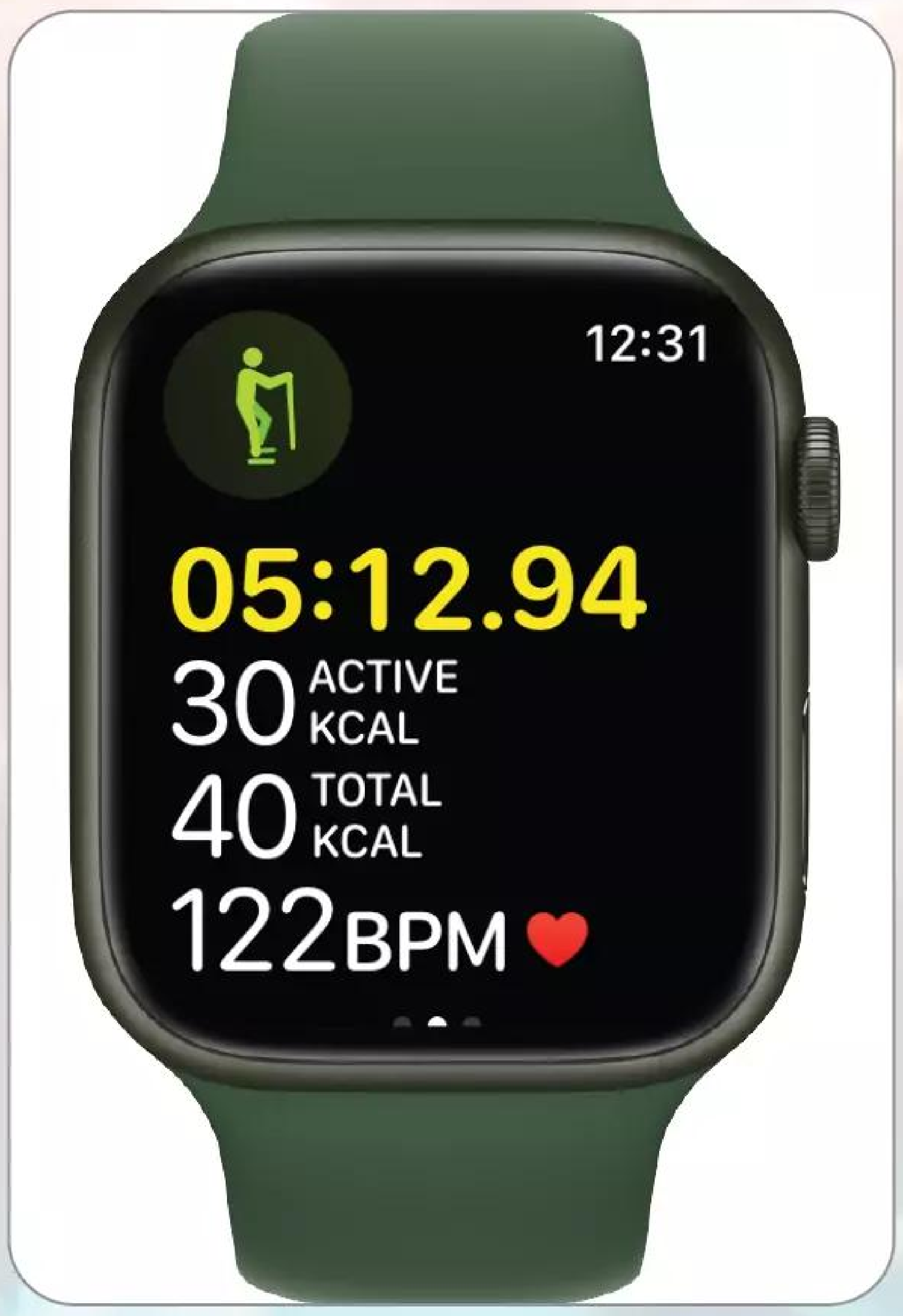

Workout
11:51
OPEN GOAL
ity Interval

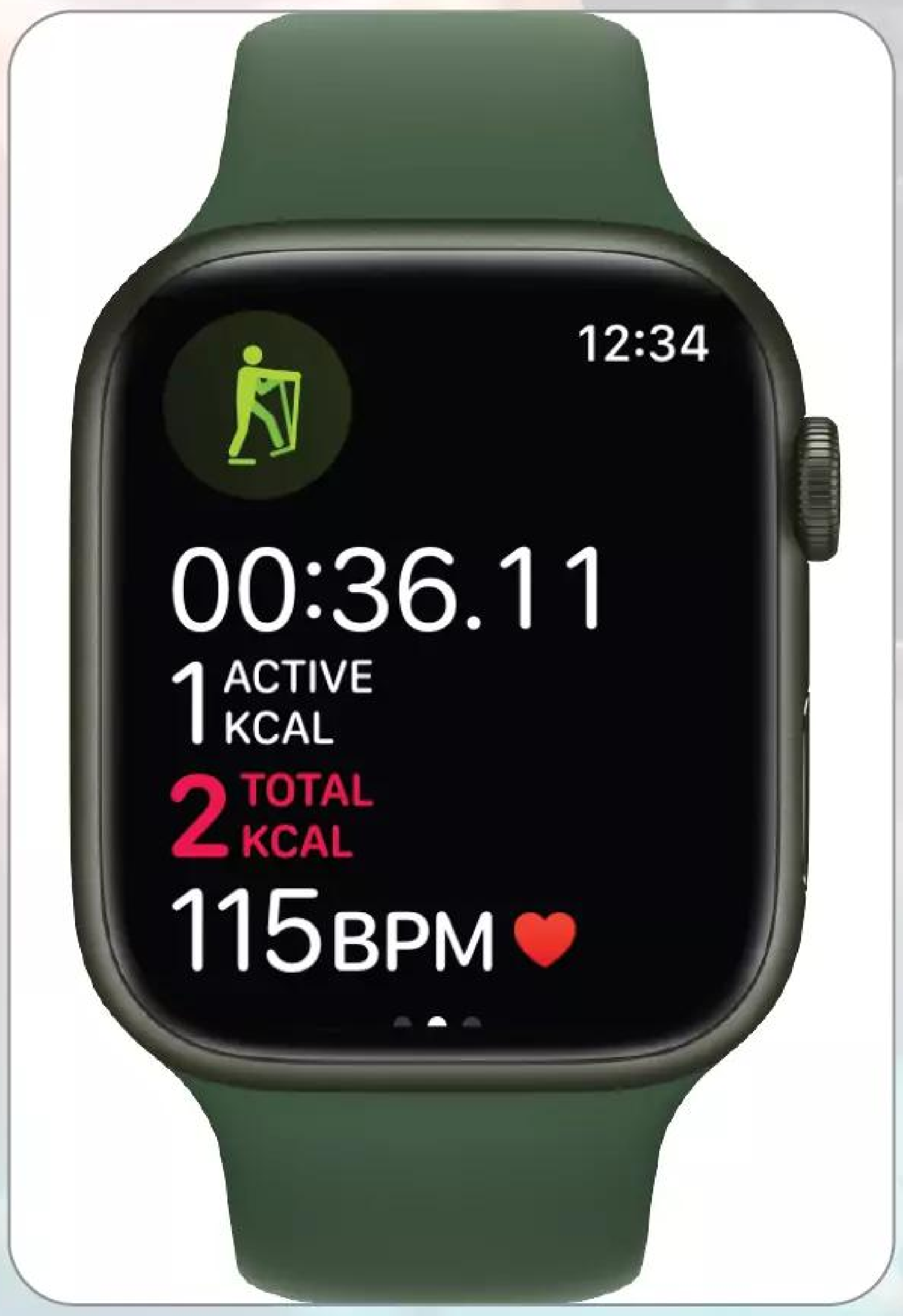
1 Open the Workout app on your Apple Watch. You'll see a long list of workouts such as Stair Stepper, Indoor or Outdoor run and more. Use the Digital Crown or your finger to scroll up and down the list.

2 If your preferred form of exercise isn't on the list, scroll down all the way to the bottom of the page and tap Add Workout. There's a massive list of alternative workouts; tap one to add it to the main list.

3 If there's a workout on the main Workouts page that you feel you're never going to need, swipe it left and tap the cross that appears to delete. You can add it again later from the Add Workouts list.


Elliptical
11:54
Open
Kilocalories
Time

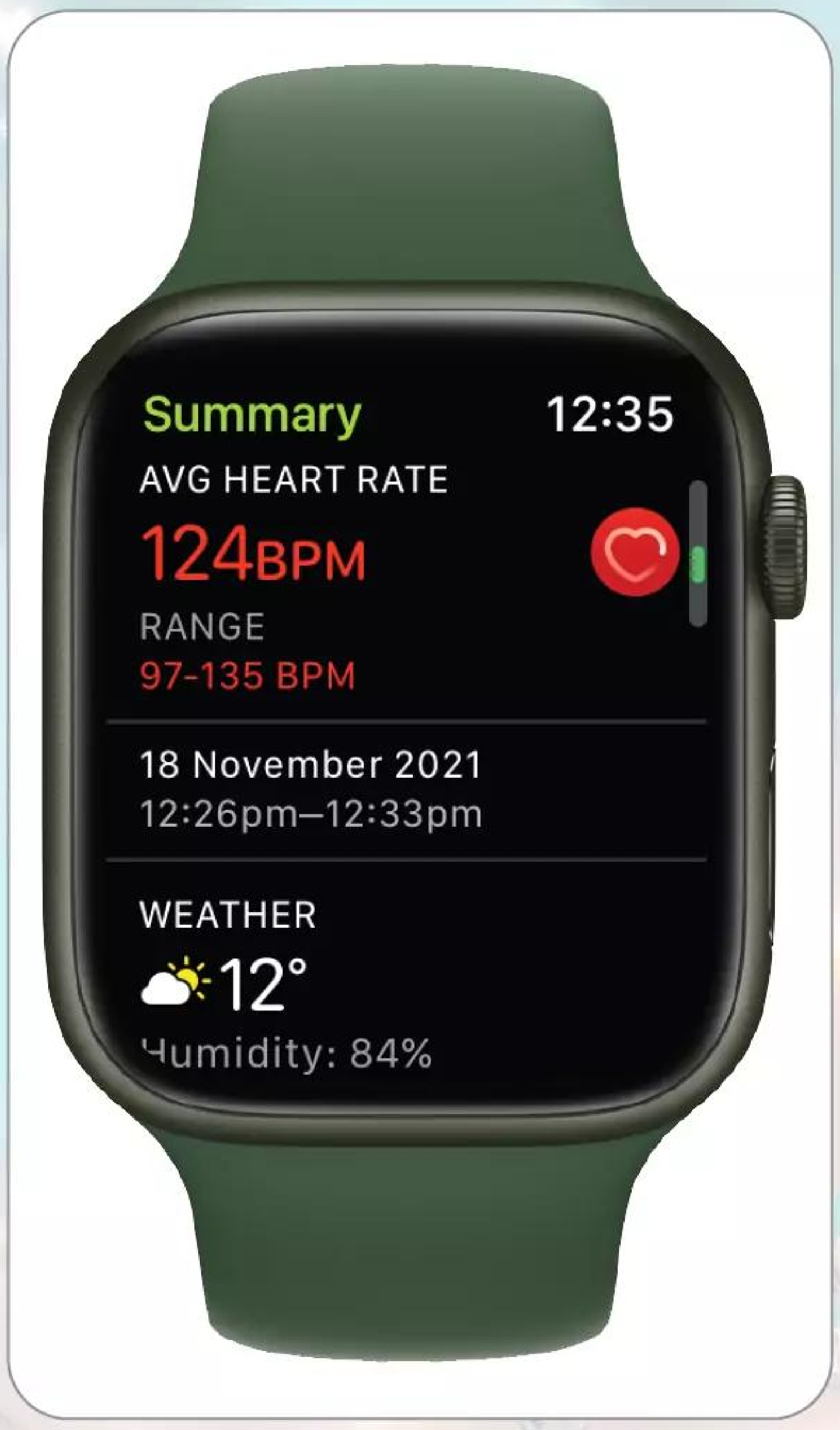

12:31
05:12.94
30 ACTIVE KCAL
40 TOTAL KCAL
122BPM


12:34
00:36.11
1 ACTIVE KCAL
2 TOTAL KCAL
115BPM

4 To set up a workout, tap the three-dots icon in that workout's button. Choose between an open workout, or working out for a specific time or to burn a set number of calories; then tap Start.

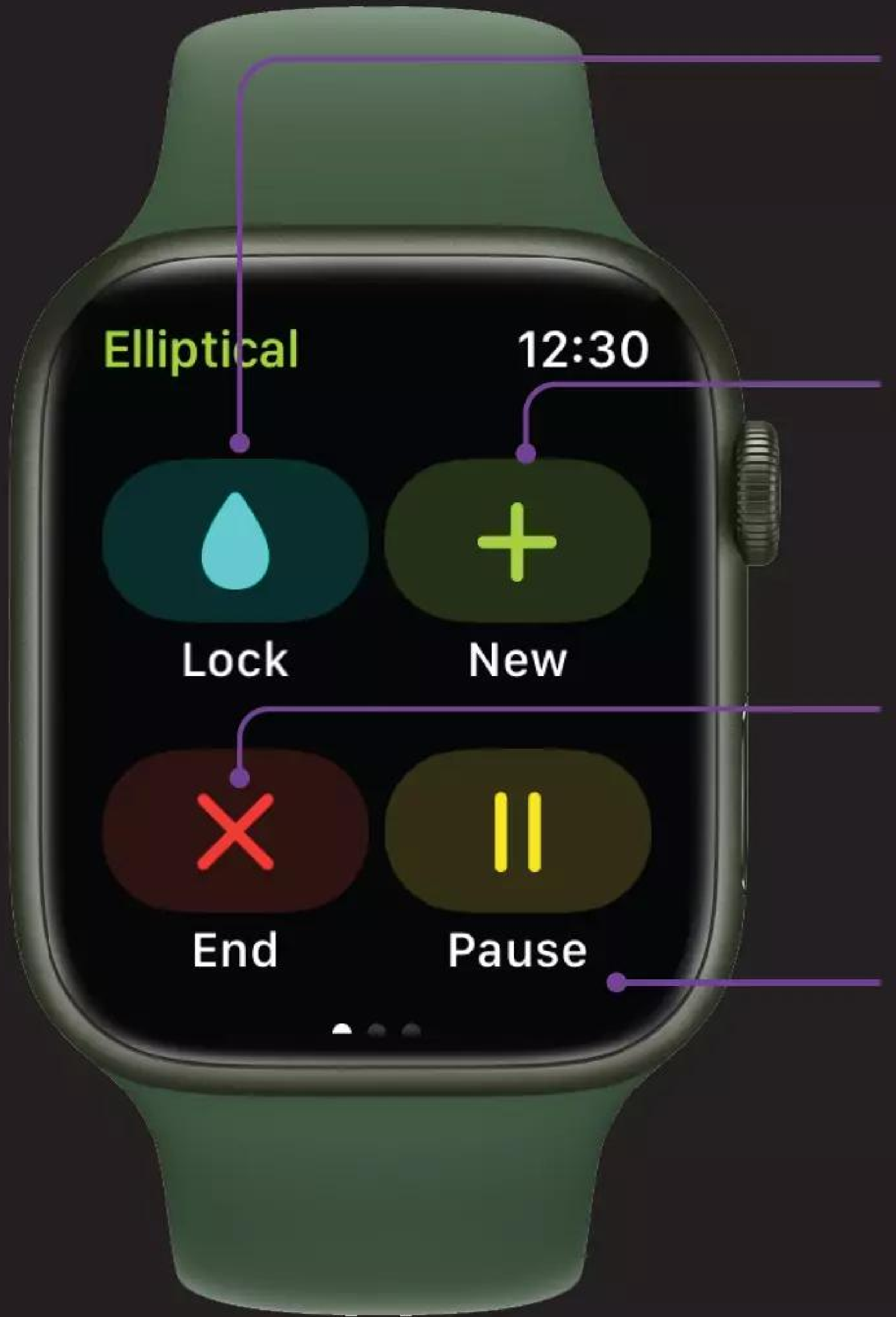
5 If you want to do an open workout (just work out with no set goal), you can start it by tapping that workout's button. After a three-count, the timer starts and your exercise is measured.

6 To check on how you're doing, lift your arm and look at your watch for a readout. Scroll the Digital Crown to highlight an exercise metric you're especially keen to observe.


Summary
12:35
AVG HEART RATE
124BPM
RANGE
97-135 BPM
18 November 2021
12:26pm–12:33pm
WEATHER
12°
Humidity: 84%

7 At the end of the workout, you get a summary. Tap the heart next to Avg Heart Rate to get to the Heart Rate app. When you've finished, scroll all the way to the bottom and tap the Done button.

8 During a workout, if you swipe the screen to the right, you get an options screen. Use the buttons to do the following:

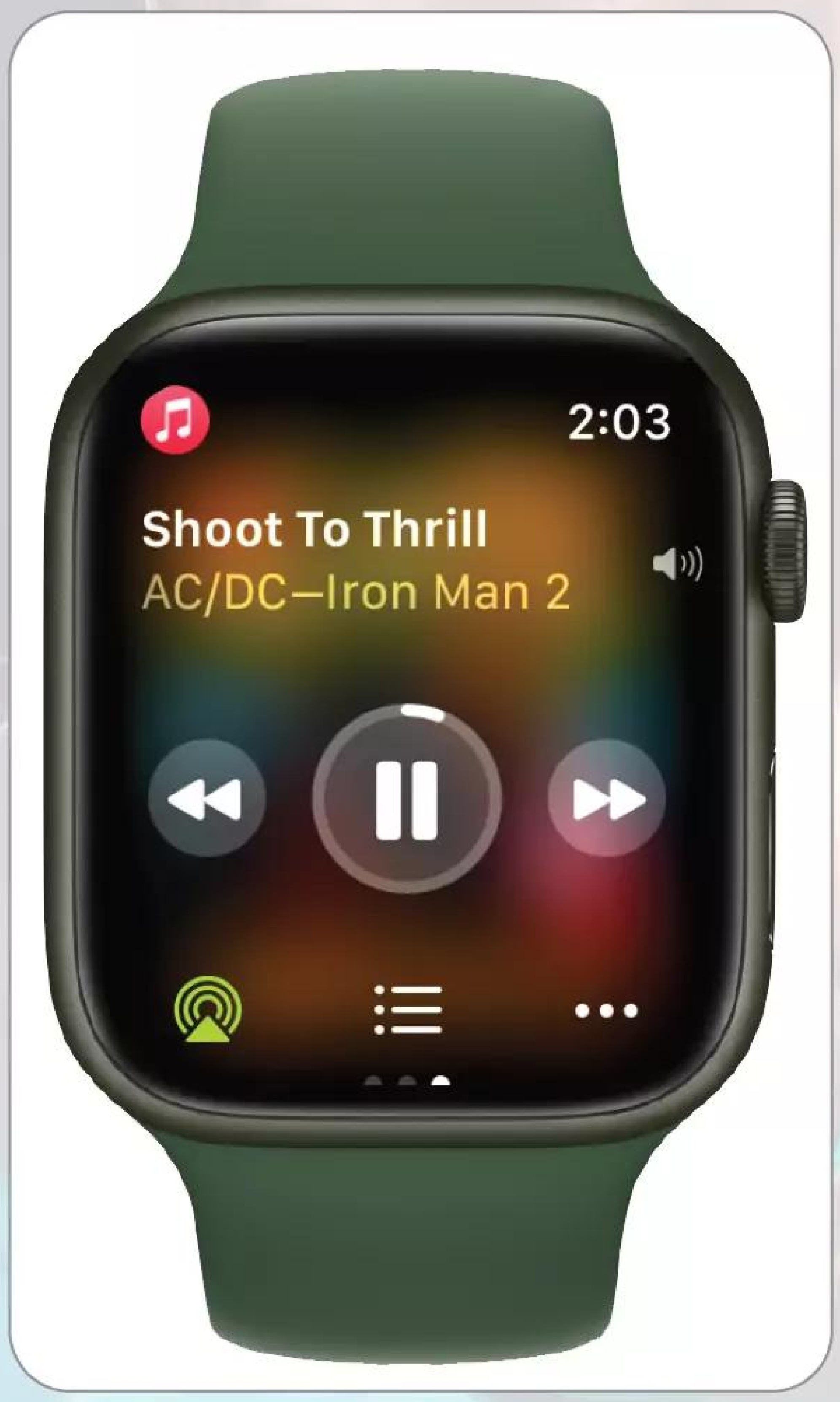

Elliptical
12:30
Lock
New
End
Pause

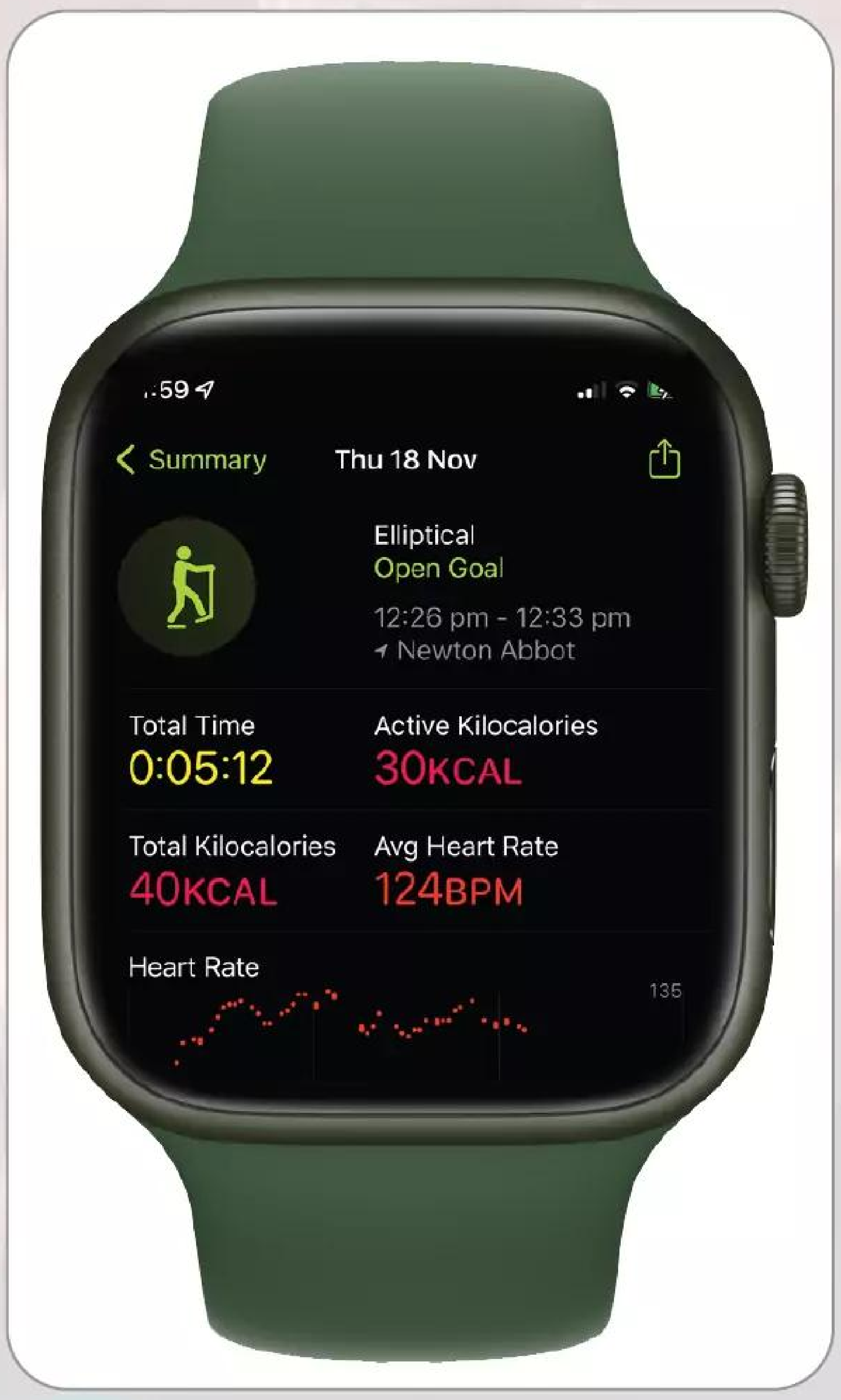
1 Lock:
Tap this button to lock the screen, to prevent accidental taps. Turn the digital crown to unlock it again.

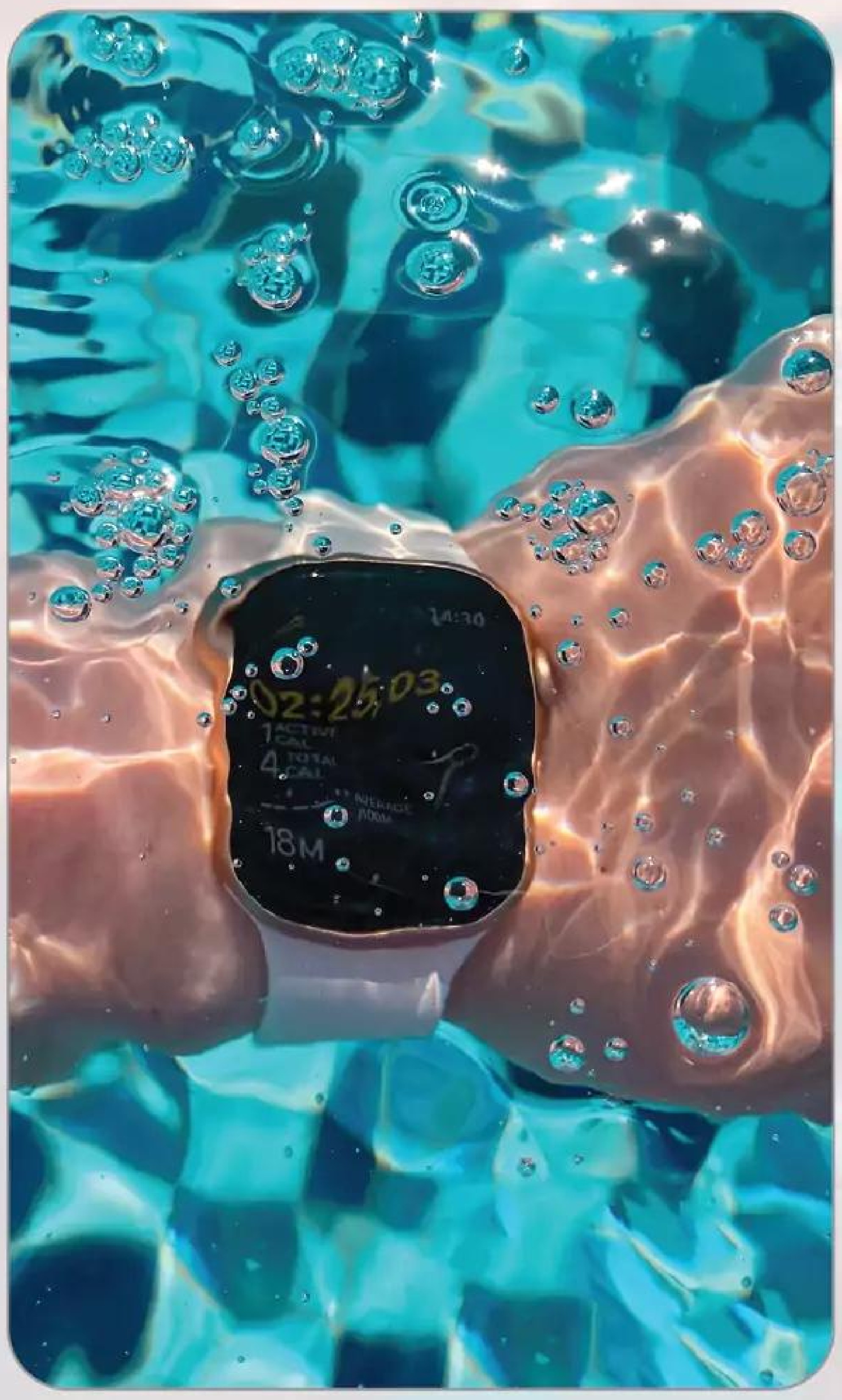
2 New:
Start a new workout without ending the old one. Just the thing for high-intensity training.

3 End:
Unsurprisingly, this button ends your current workout session.

4 Pause:
Pause your workout without ending it. Alternatively, press the Digital Crown and Side Button to pause and resume.


2:03
Shoot To Thrill
AC/DC—Iron Man 2


Summary
Thu 18 Nov
Elliptical
Open Goal
12:26 pm - 12:33 pm
Newton Abbot
Total Time
0:05:12
Active Kilocalories
30KCAL
Total Kilocalories
40KCAL
Avg Heart Rate
124BPM
Heart Rate
136



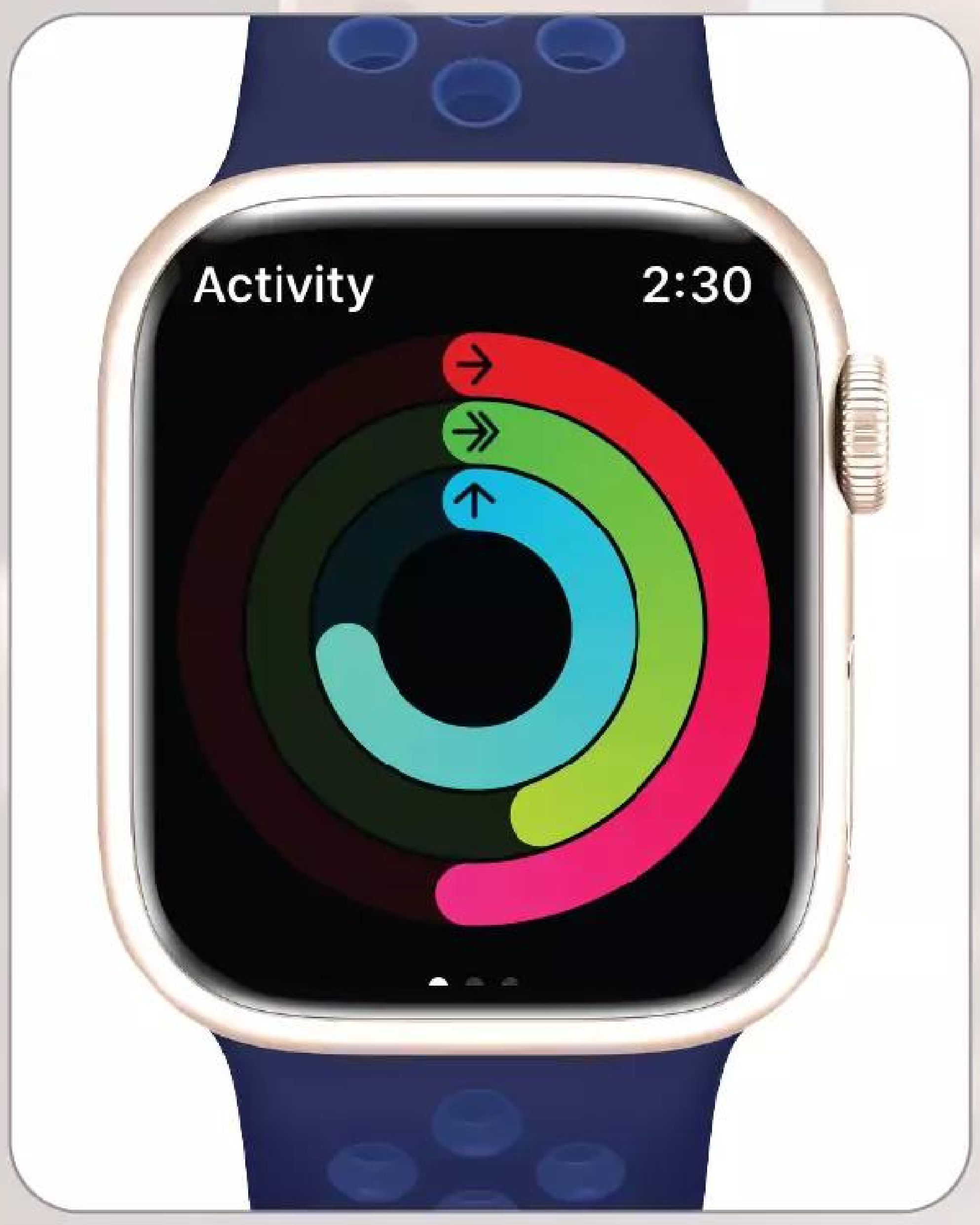
9 If you swipe left during a workout, you're taken to the Music app's control screen. If you like to listen to your sounds while at the gym, this is a quick and easy way to access your controls.

10 If you want to check your workouts after the event, on your iPhone, open the Fitness app. Your workouts are listed here. Tap one and you'll see the details of what you achieved.

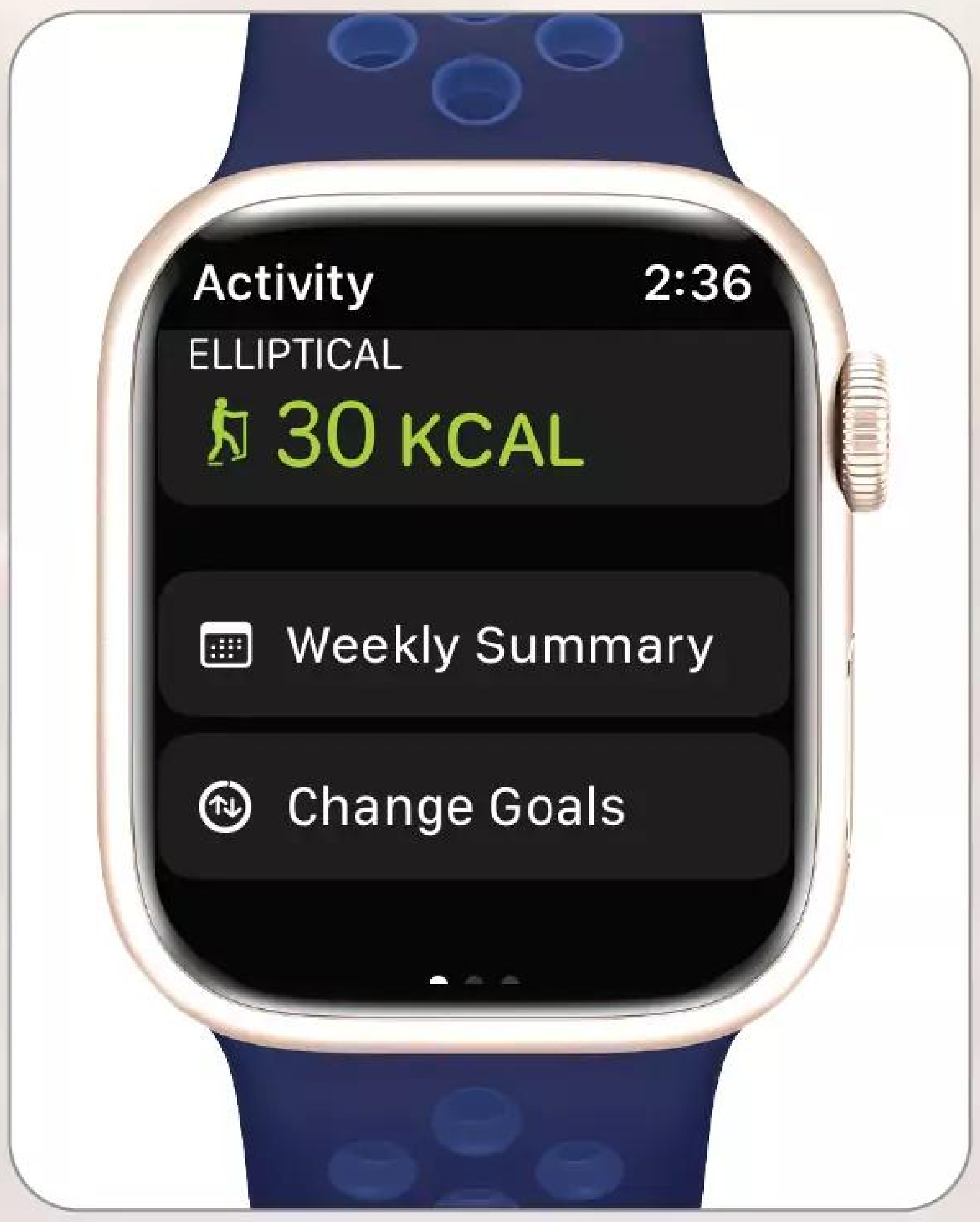
11 If you swim wearing your Apple Watch (Series 2 or later), the screen automatically locks when you start the workout. Turning the digital crown when you've finished expels water from the speaker.

Tracking Your Activity

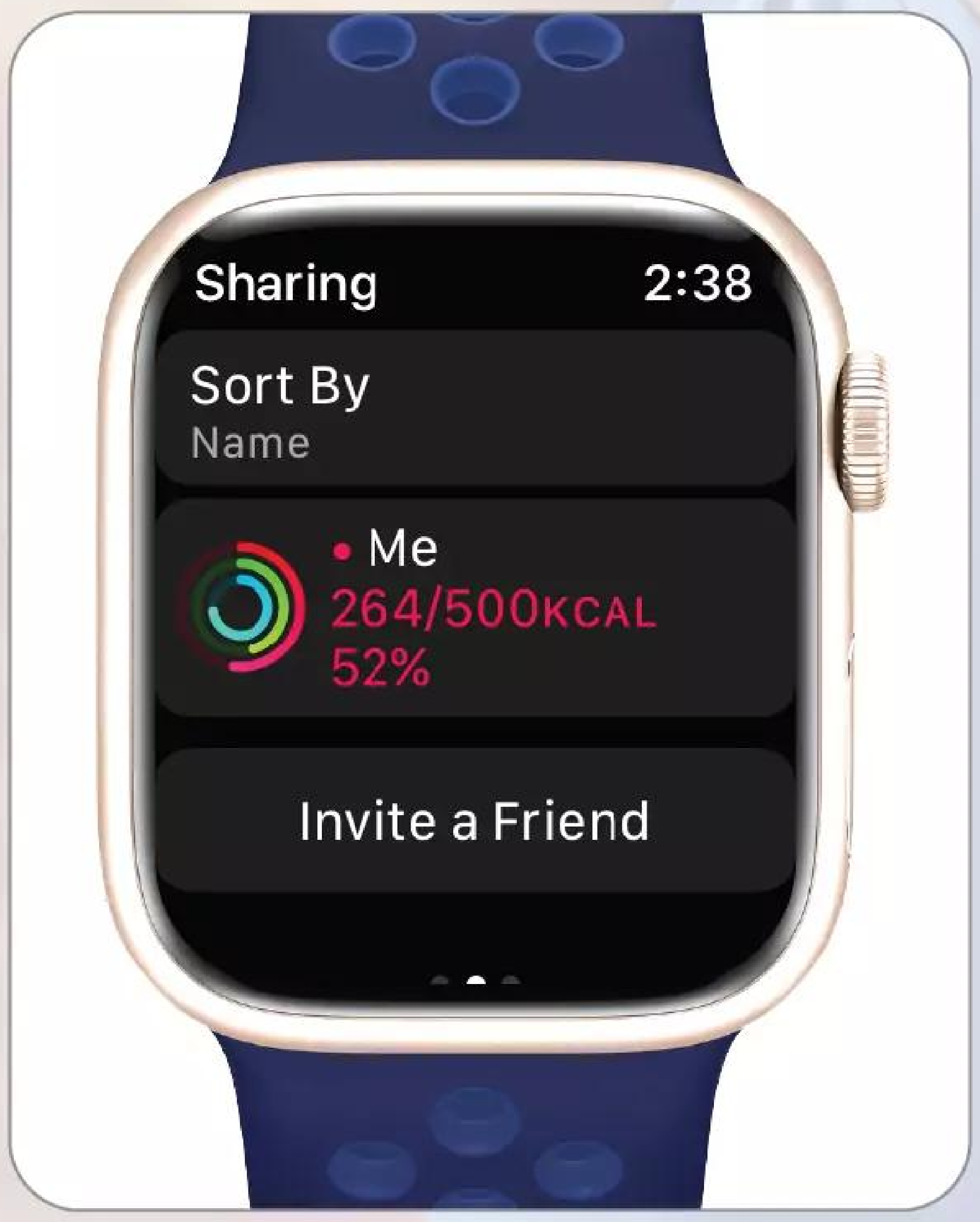
The Activity app helps you make sure that every day you stay active, take enough exercise and don't spend too much time sitting down. You can set it up as a watch face Complication too.



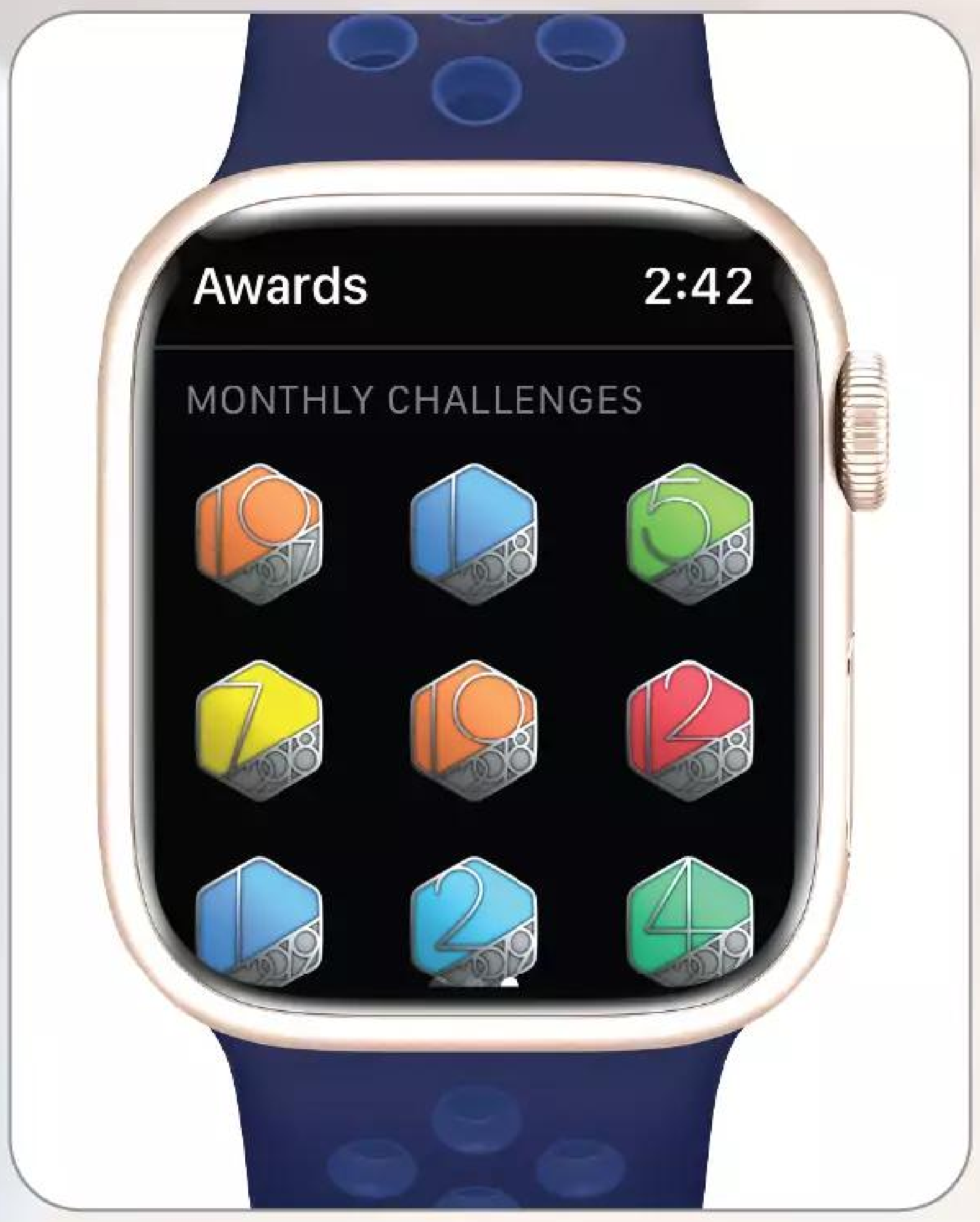
1 In the Activity app, part-completed circles represent your Move, Exercise and Stand scores. The circles are gradually completed throughout the day. When a circle is completed you've met that target. You might notice that if you use Activity as a Complication on your watch face, the lines in the watch face also update according to how active you've been that day.



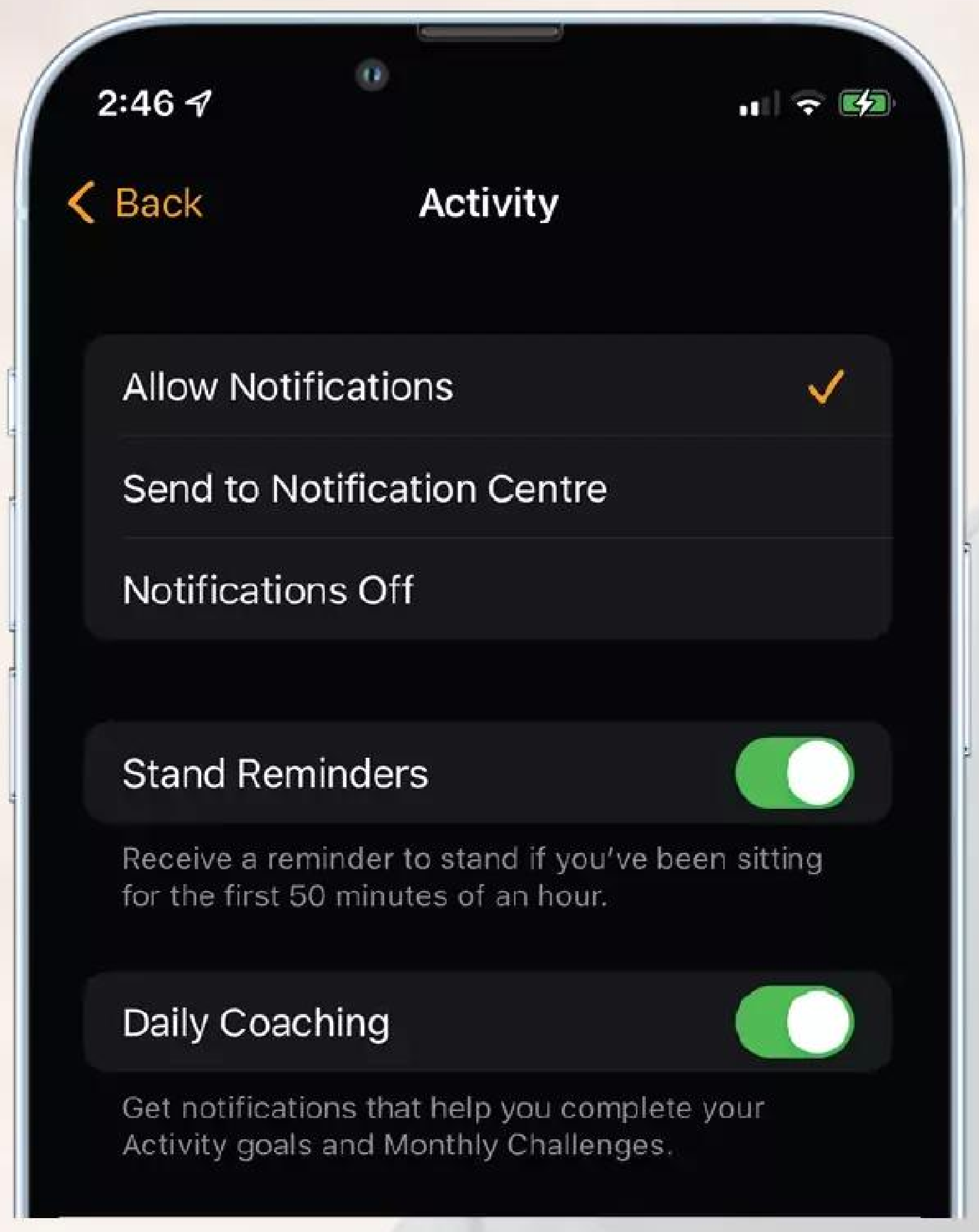
2 With Activity open, scroll using the Digital Crown or swipe with a single finger for specific figures regarding the calories you burned, steps taken and distance walked. If you scroll all the way to the bottom of the page and tap Change Goals, you can change the default targets for Move, Exercise and Stand. You can also access a Weekly Summary here too.



3 Swipe the Activity app left for the Sharing options. Tap the Invite a Friend button and then choose a person or people from your Contacts app, to ask to share Activity scores. You're then alerted when friends close their rings, finish workouts or win awards. Naturally, they're told when you do these things too, so you can make a competition out of it.



4 Swipe left again to see the range of awards you've won. Did you complete your monthly challenge? What about competitions? What workouts have you completed? These digital 'medals' show how you're doing. Tap one (earned or unearned), to see what's required.



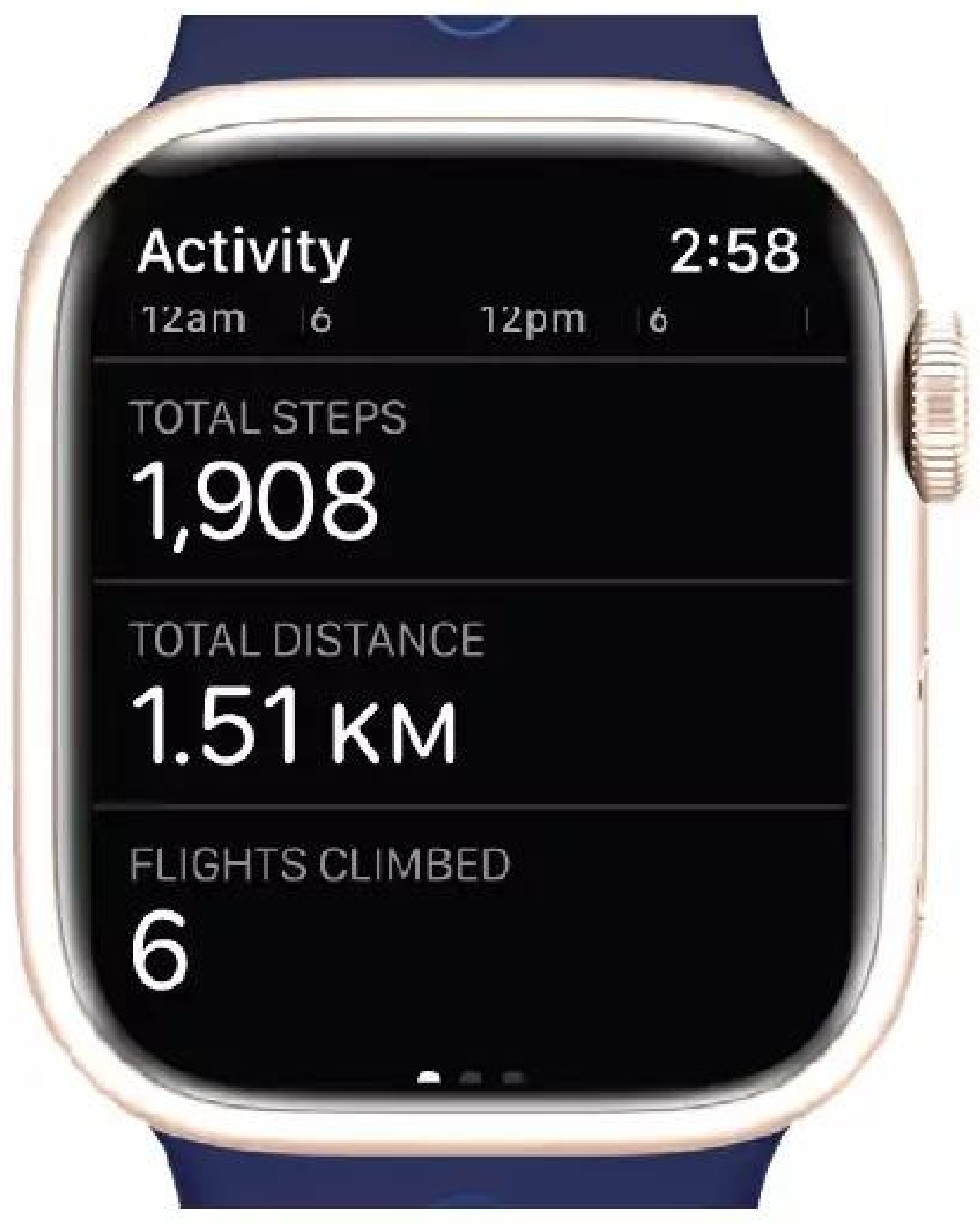
Allow Notifications ✓
Send to Notification Centre
Notifications Off

Stand Reminders ●
Receive a reminder to stand if you've been sitting for the first 50 minutes of an hour.

Daily Coaching ●
Get notifications that help you complete your Activity goals and Monthly Challenges.

5 You can configure your Activity app by opening your iPhone's Watch app and going to My Watch > Activity. You then get options such as muting the app's notifications, set which notifications you receive on your watch and your phone, how you group them and more.

Miles or KM?



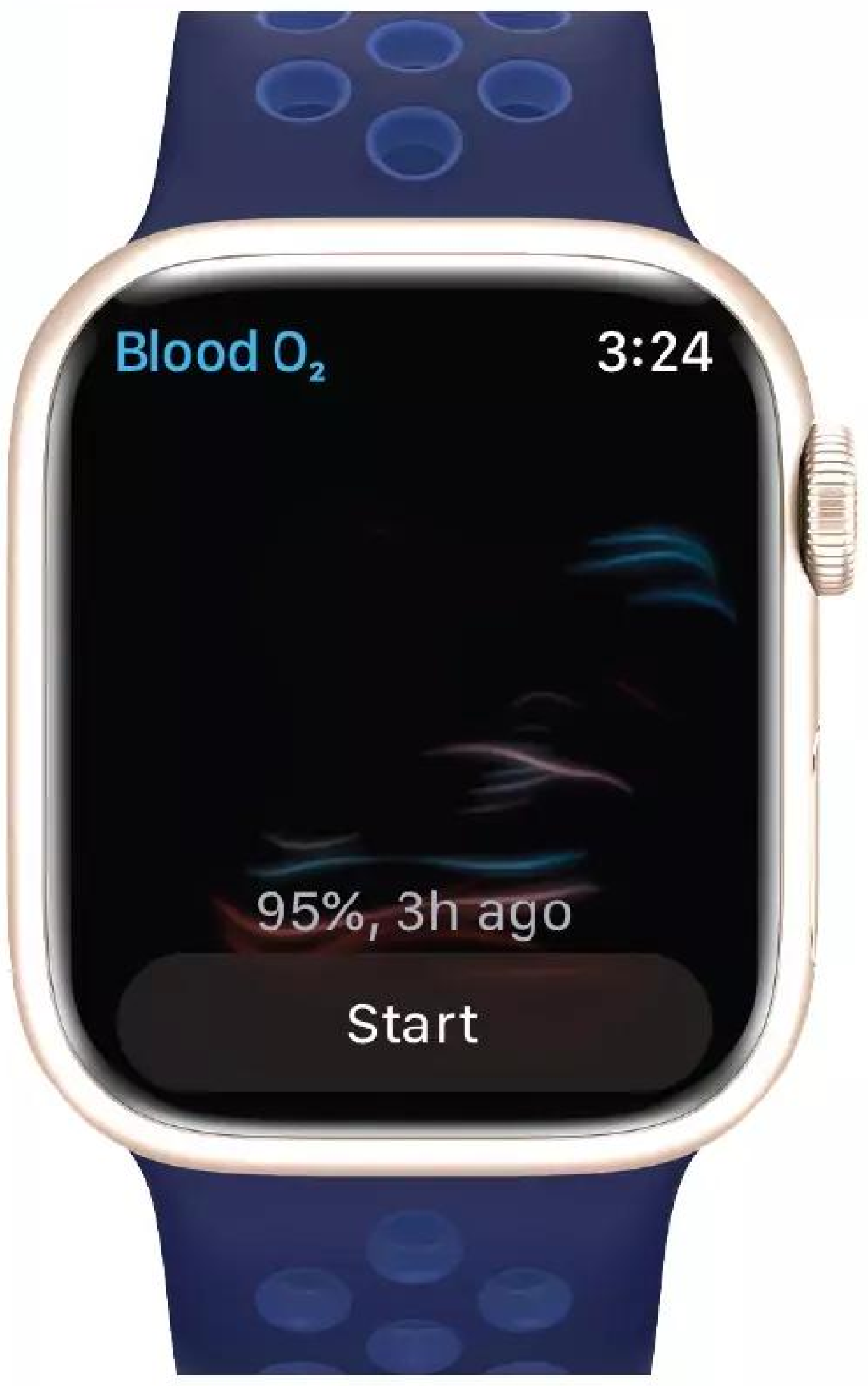
TOTAL STEPS
1,908
TOTAL DISTANCE
1.51 KM
FLIGHTS CLIMBED
6

It's possible to change the Activity app's distance measurements between km and miles, but doing so is not very intuitive. On the iPhone, open the Health app and go to Browse > Activity > Walking and Running Distance. Now change the last option in the list, marked 'Unit', between km and mi. The distance shown on your Activity app is then updated to reflect this change.

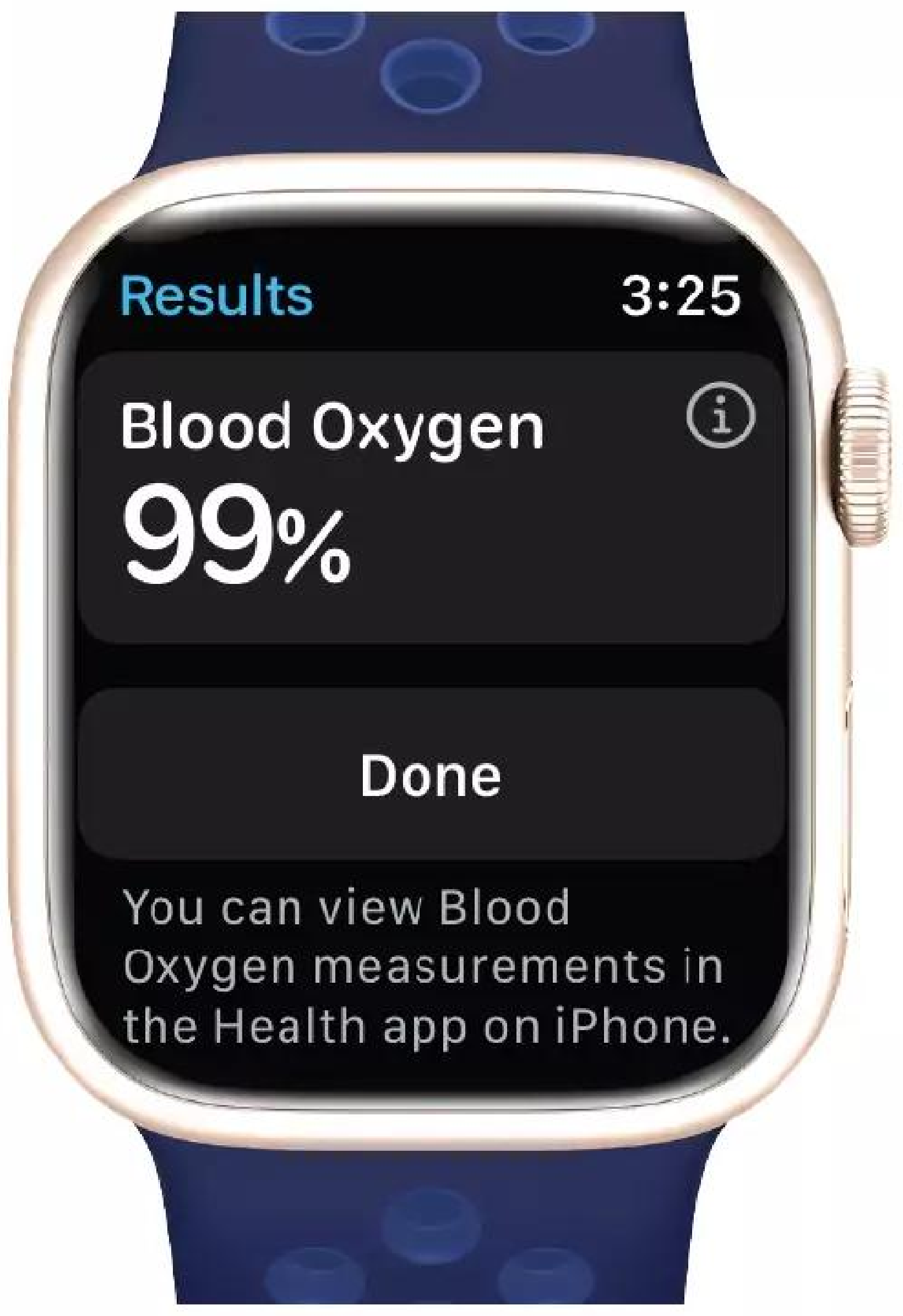
More Sports and Fitness Tips

There's more. If you're interested in getting – or staying – fit and active, the Apple Watch has even more to offer. Let's take a look at some of its further features in the sporting and keep-fit sectors.

Blood Oxygen



1 It's a good idea to keep an eye on your blood oxygen level. This measures the percentage of oxygen your red blood cells carry from your lungs to the rest of your body. Open the Blood Oxygen app to see the last automatic reading.



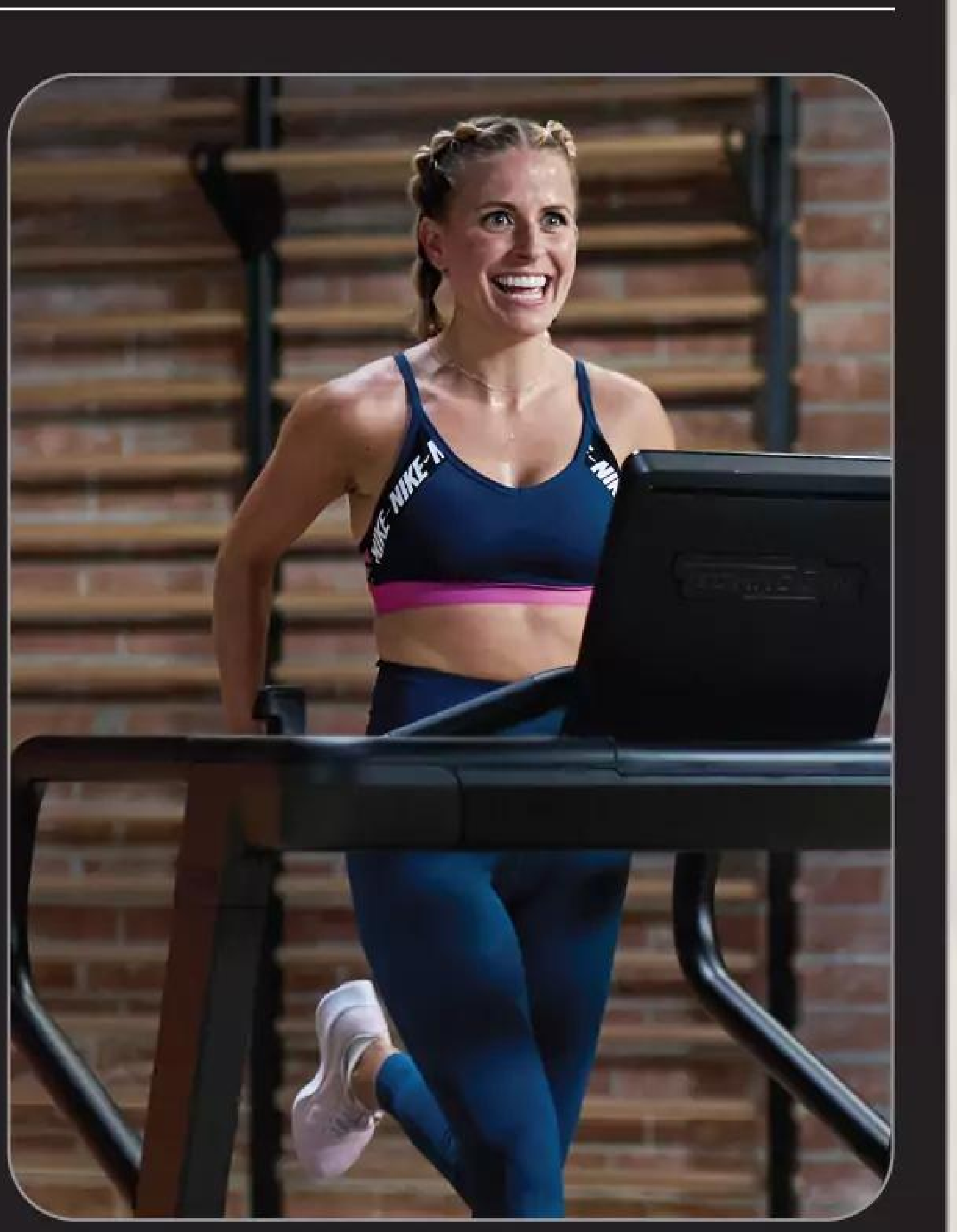
You can view Blood Oxygen measurements in the Health app on iPhone.

2 To do a new reading, tap Start and remain still during the 15-second countdown. Your reading is shown; it should be between 95 and 100 percent. On the reading screen, tap the 'i' icon to learn more about blood oxygen.

Apple Fitness+

05:27
136BPM
45 ACTIVE CAL
54 TOTAL CAL
05:27
136
45 CAL

06:31
128
74 CAL



Fitness+ is a total fitness programme that's available as a subscription, and is built around your Apple Watch. You can view a workout on an iPhone, iPad or Apple TV, following the instructor's directions. The service incorporates workout metrics from your watch as you go. A range of workouts are on offer, all led by specialist trainers. You can subscribe to Apple Fitness+ for £9.99/$9.99/9,99 € a month or £79.99/$79.99/79,99 € a year.

Peripheral Vision

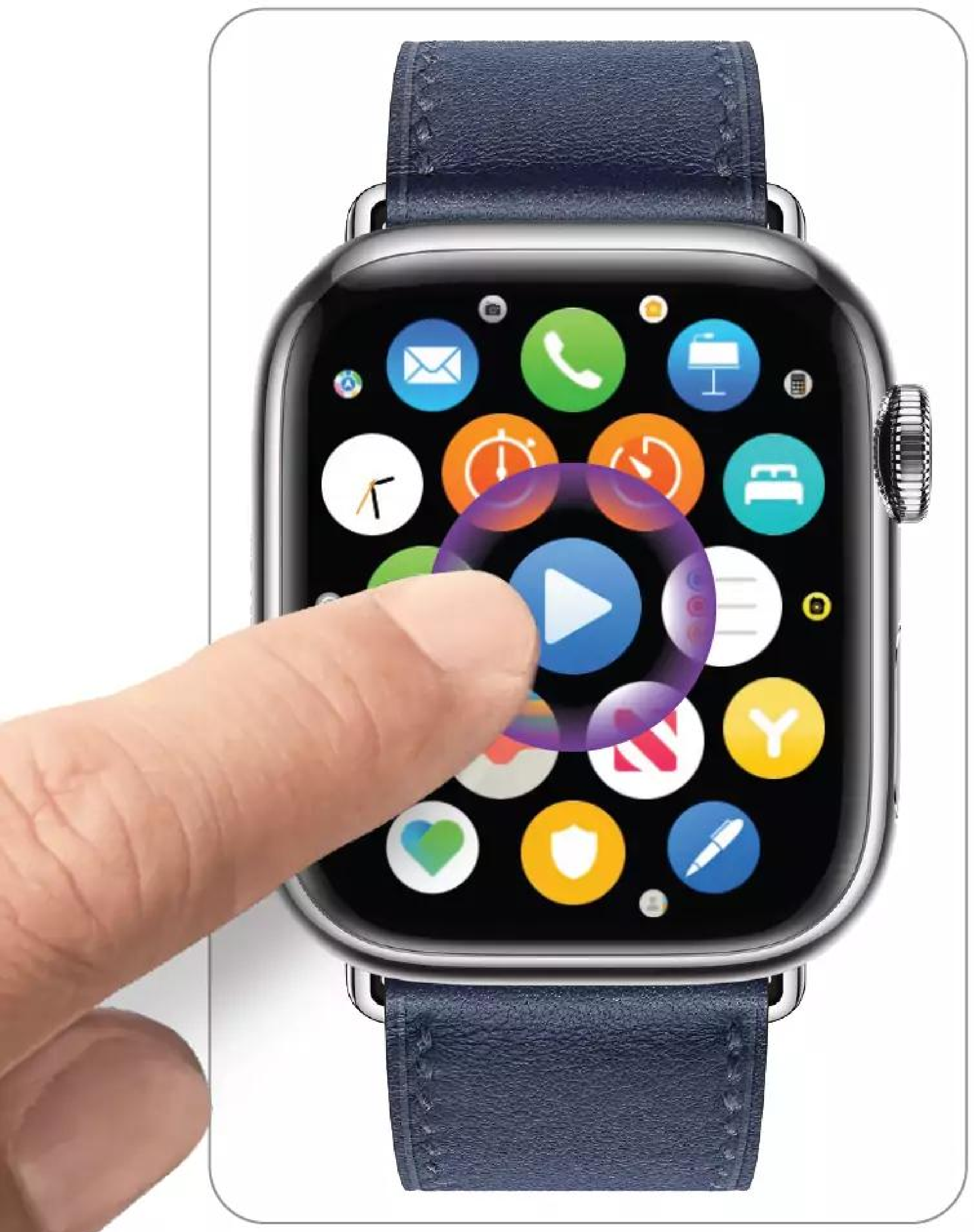
There are numerous peripherals on offer for the Apple Watch, many of which have sports and fitness in mind. Twelve South's ActionBand, for example, is a pair of sweat bands with space for the Apple Watch built into the left-hand band. The Quad Lock Bike Mount Kit for your iPhone is available from Apple, and holds your smartphone securely to your bike. And if you're concerned about scratching or banging your watch as you exercise, there are plenty of protective cases available.

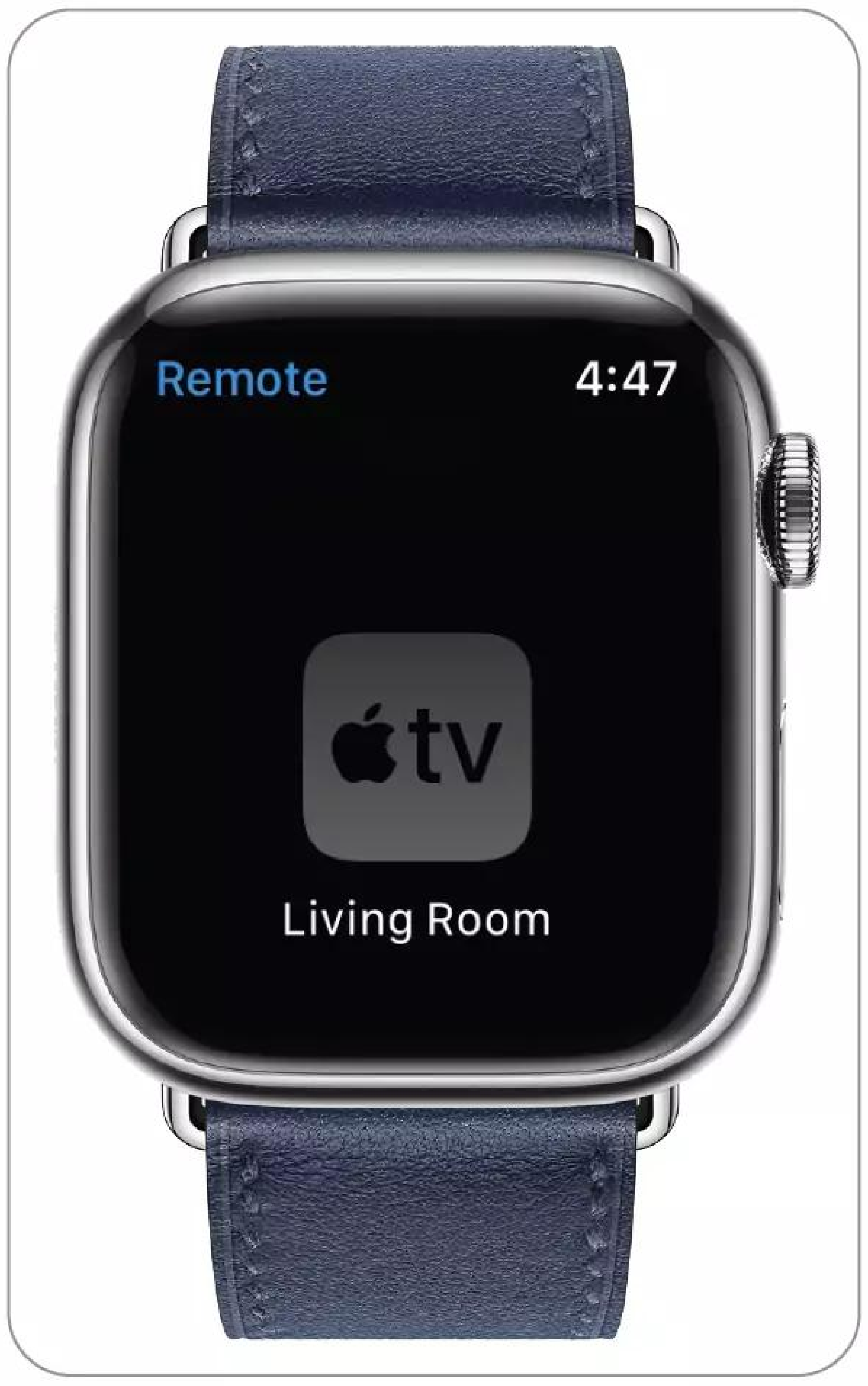
Remote on Watch

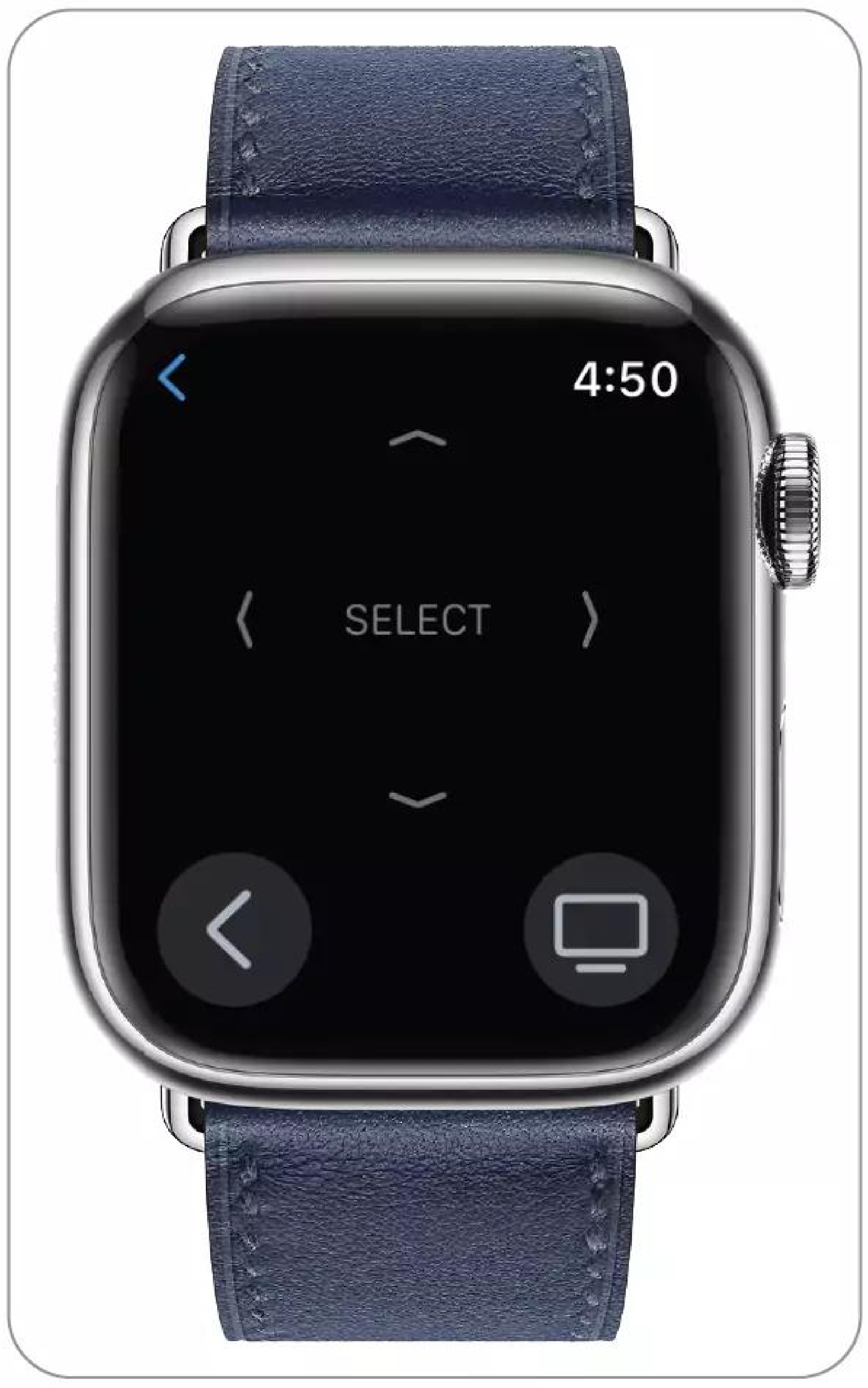
With the Remote app, you can use your Apple Watch as a controller for iTunes or your Apple TV. After pairing your Apple Watch with your Mac or PC, you can use the remote to play music from your computer or pair it with your Apple TV to control your viewing. Just the thing if you can't find your remotes when you're comfortably settled on the sofa.

The TV Remote

Before you can use your Apple Watch as a controller for an Apple TV, you must pair the two devices. Here we show you how to do this, and also how to use the watch's Remote app to control your Apple TV.







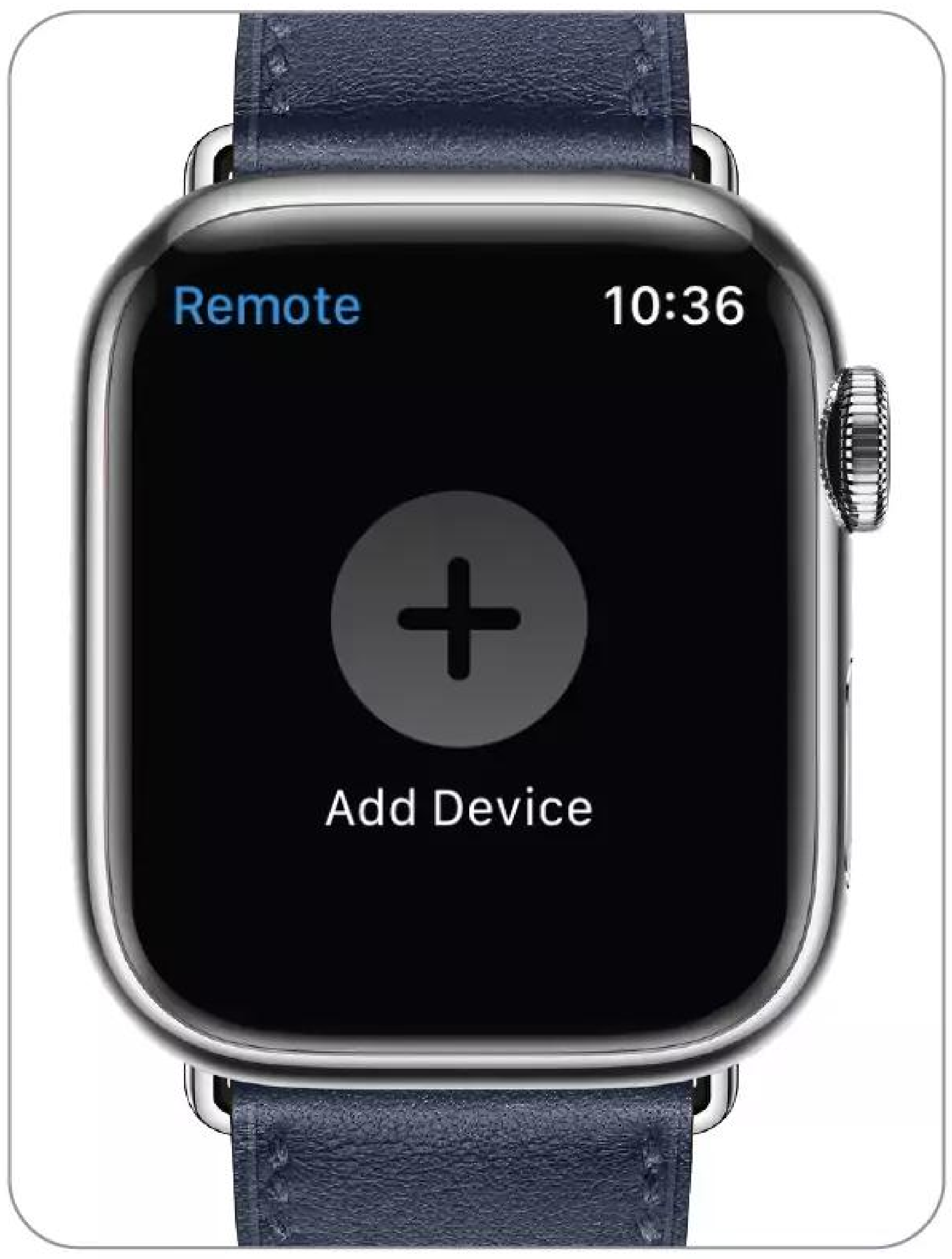
1 First of all, press the Digital Crown to get to the Home Screen. This screen is offered in a Grid View by default (as shown here), but you might have switched to a List View. Either way, tap the Remote app, the blue one with a white Play icon on it.

2 Switch on your Apple TV. Both your Apple TV and Apple Watch must be on the same Wi-Fi network, and your watch's Walkie-Talkie app should be off; use the Control Centre to do this. Your Apple TV appears on your watch's Remote app, then tap it.

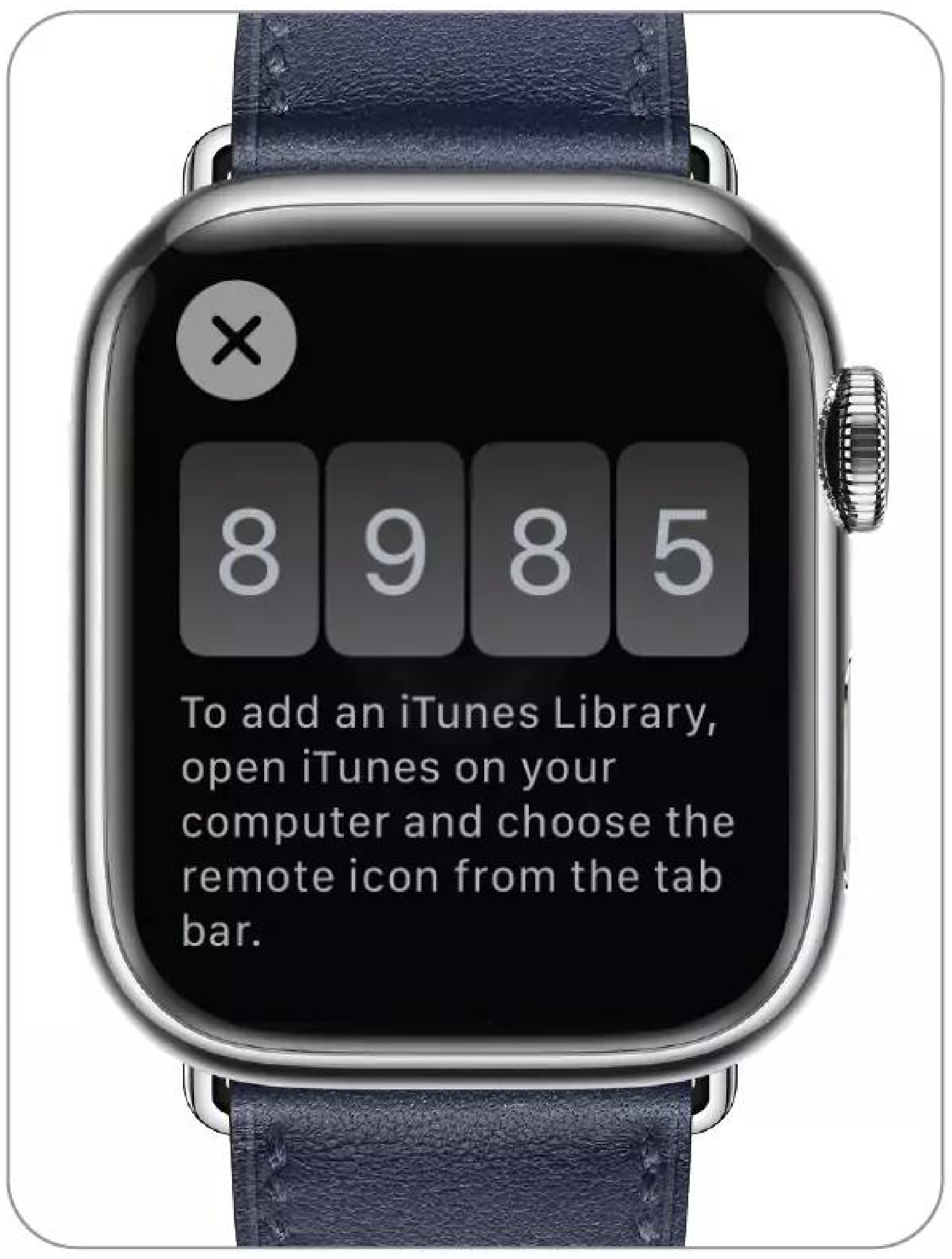
3 You can now use your watch screen to swipe left, right, up and down just like you do with your Apple TV handheld remote. The chevron in the bottom-left works like the remote's Menu button, and the icon in the bottom-right is the Home button.

The Music Remote

Note: For this tutorial to work, the computer running the Music app and your Apple Watch must be on the same Wi-Fi network. Naturally if you're at home and on your household Wi-Fi network, this won't be a problem.

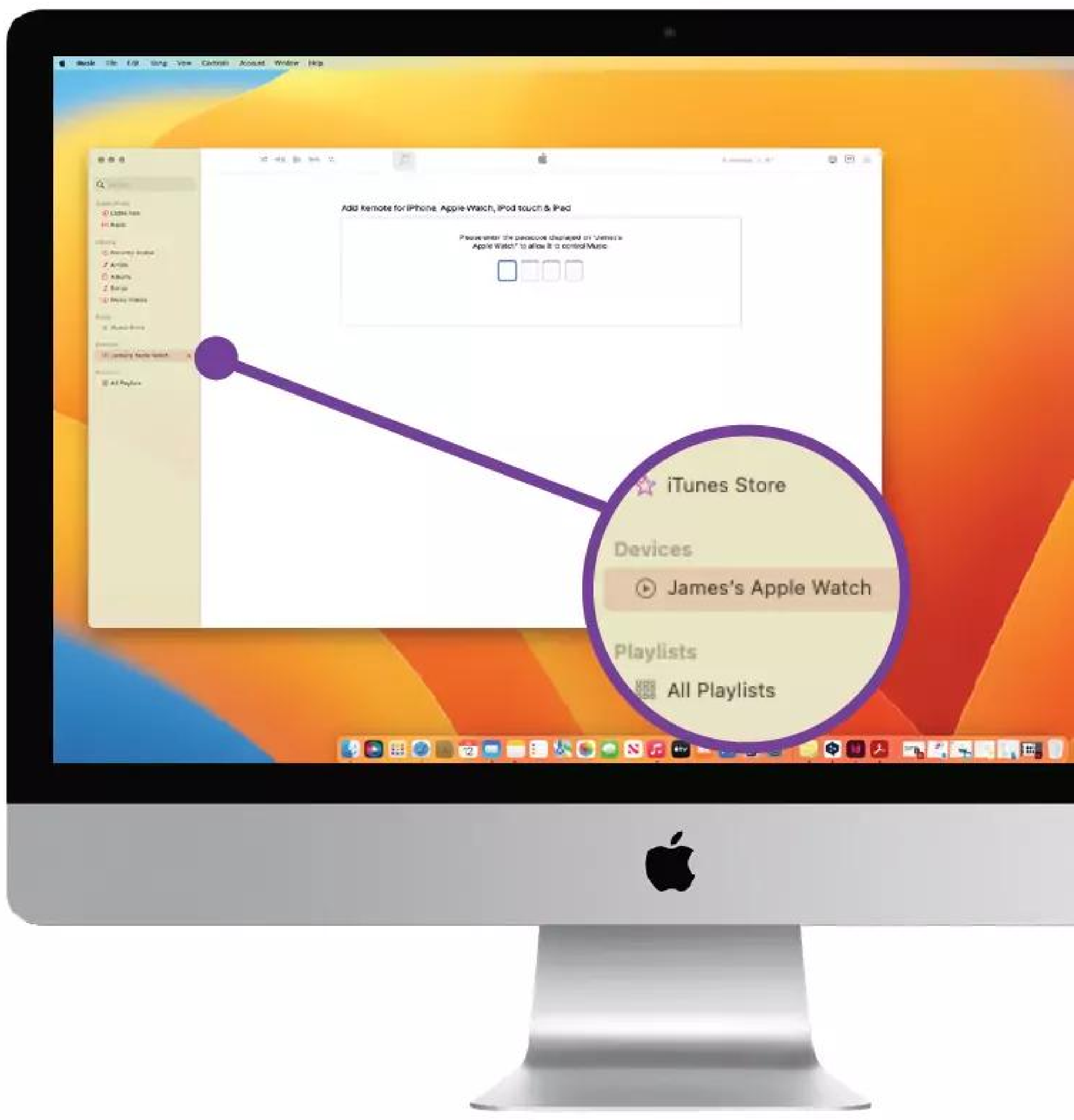


1 Open the Remote app on your Apple Watch; it's the blue icon with the white right-pointing triangle on it. It looks for connected devices. After a short while, you should get to a screen which you can scroll with the Digital Crown to get to the Add Device option.

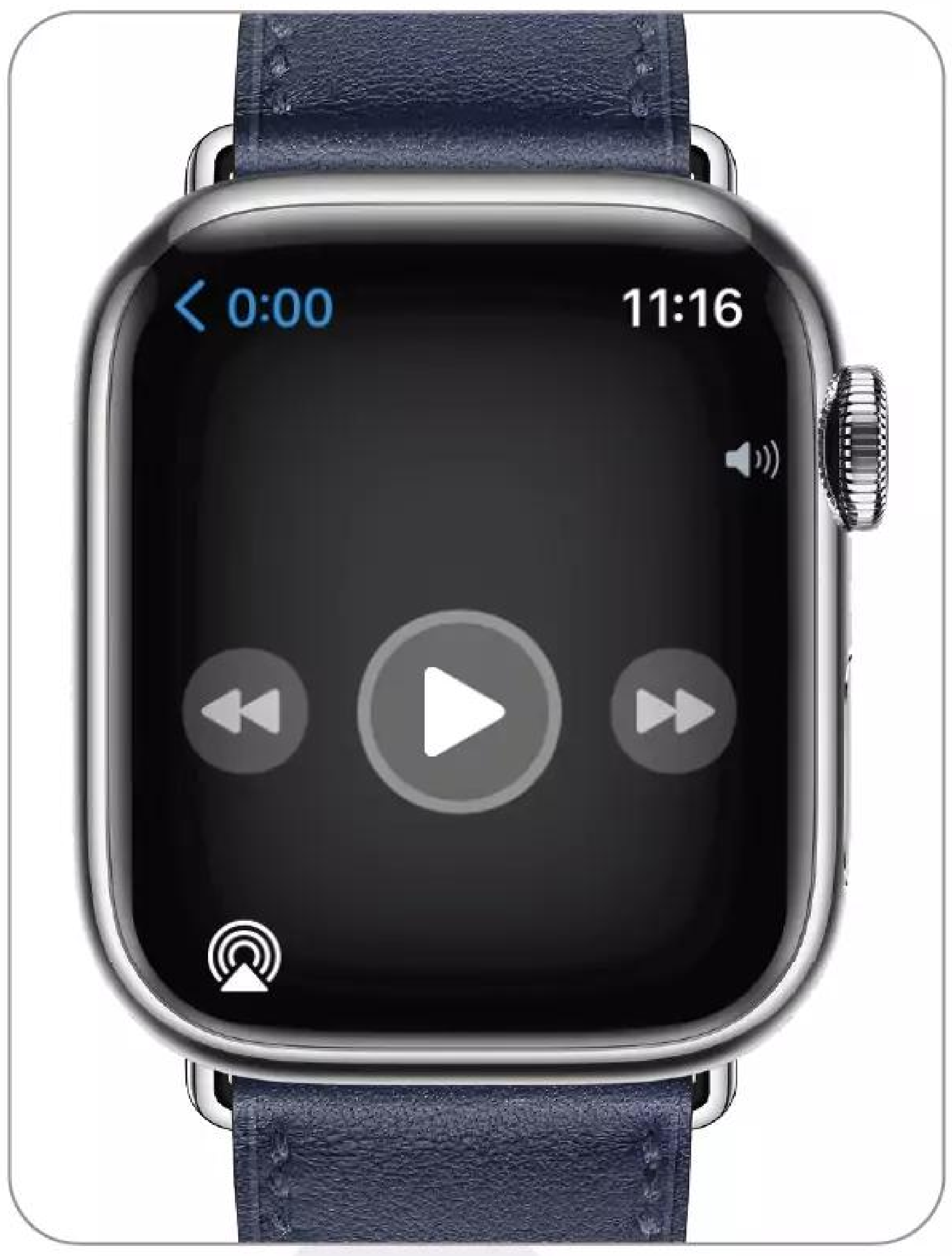


To add an iTunes Library, open iTunes on your computer and choose the remote icon from the tab bar.

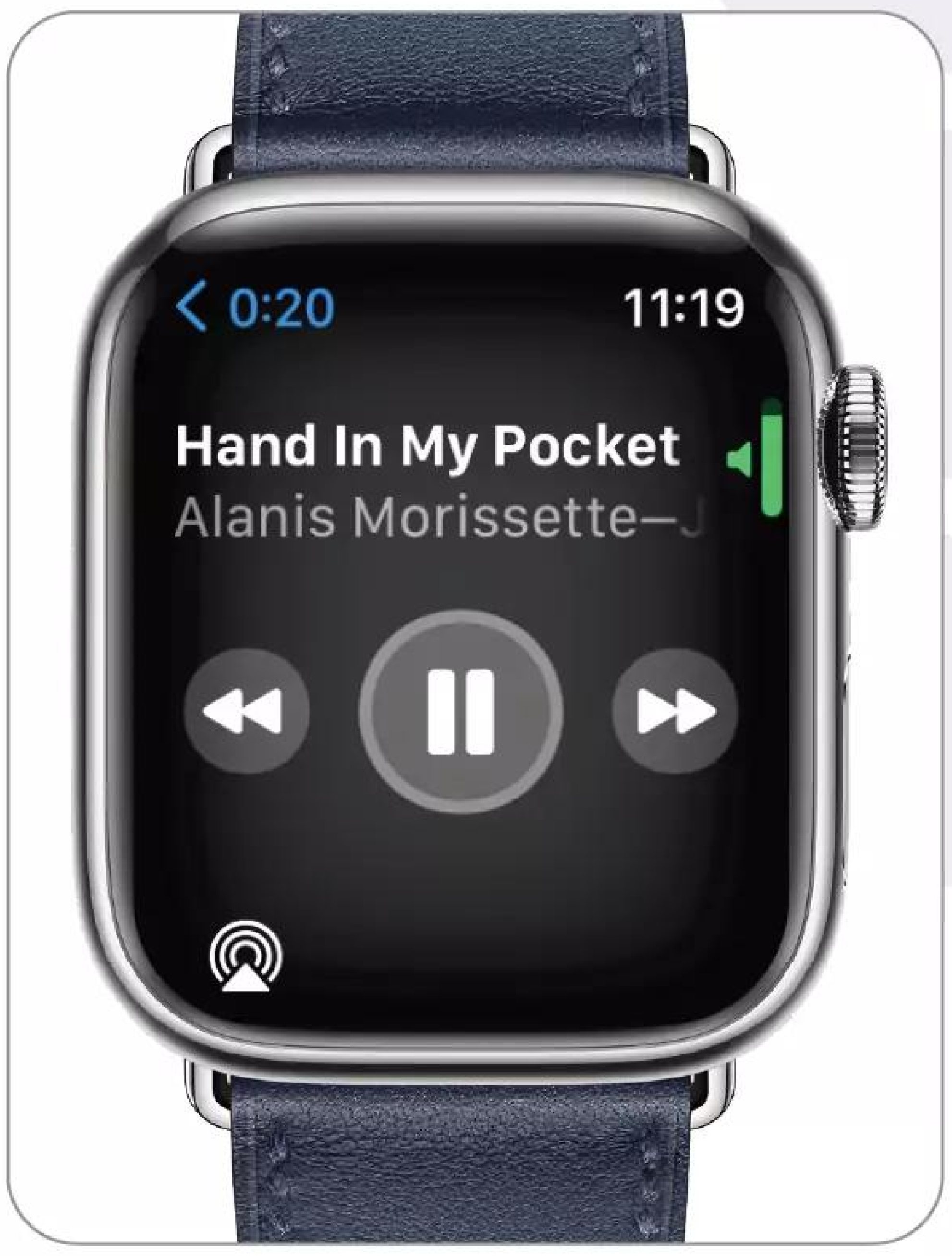
2 Tap Add Device, and you're given a four-digit passcode, which you're going to need soon, and an instruction to open the Music app on your Mac or PC. If you haven't done so already, do this now, so you can register your Apple Watch with your library.



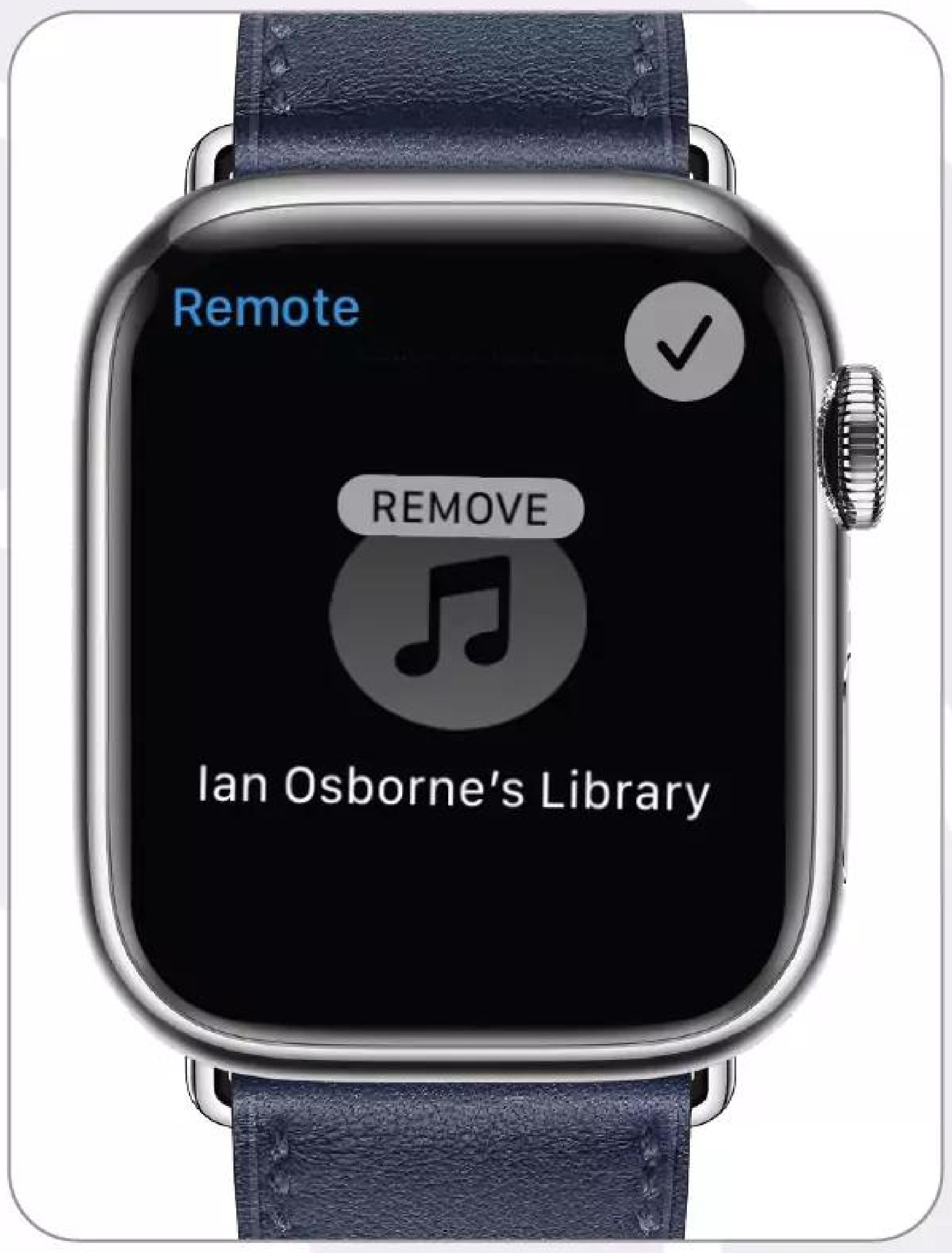
3 In the Music app on your Mac or PC, look for your Apple Watch in the sidebar, listed under Devices. Click on it to be taken to a screen where you can enter the number you obtained in the previous step. Do so to register your Apple Watch with Music.



4 You'll get a message on your Music app saying 'Your remote is now able to control Music'. The remote in question is, of course, your Apple Watch, which now shows audio controls. Play a song on your Music app and you can use your watch as a remote.



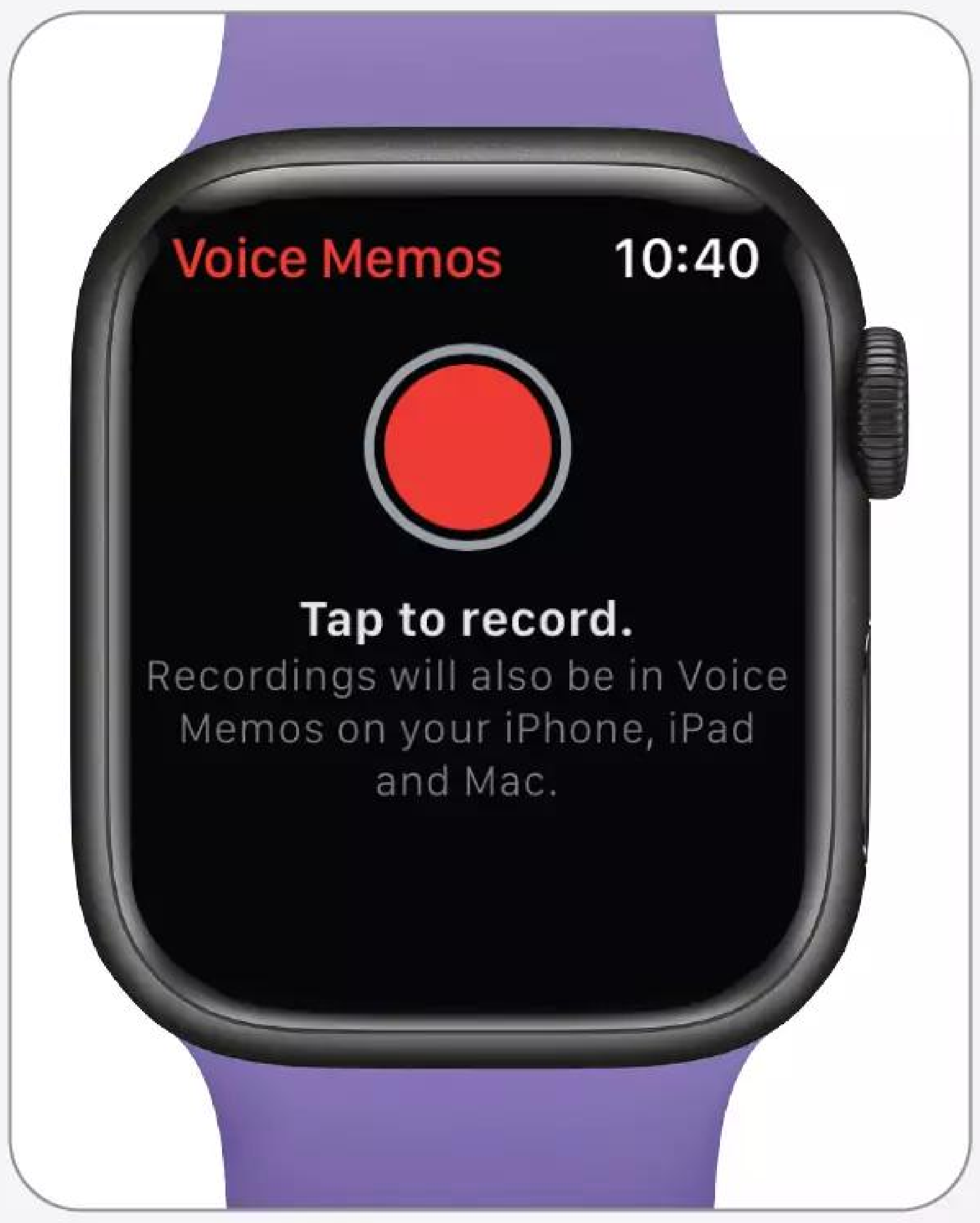
5 The icon in the centre plays and pauses the current song, the ones either side of it skip forwards and backwards and the digital crown controls the volume. The icon in the bottom left lets you switch the sound output from your computer's speakers to an AirPlay device.



6 To delete a library from your Apple Watch, in the Remote app navigate to the screen showing the list of libraries. Tap and hold the one you want to delete, and when they wobble, tap its 'X', then tap Remove to delete the library. Tap the tick to stop the wobble.

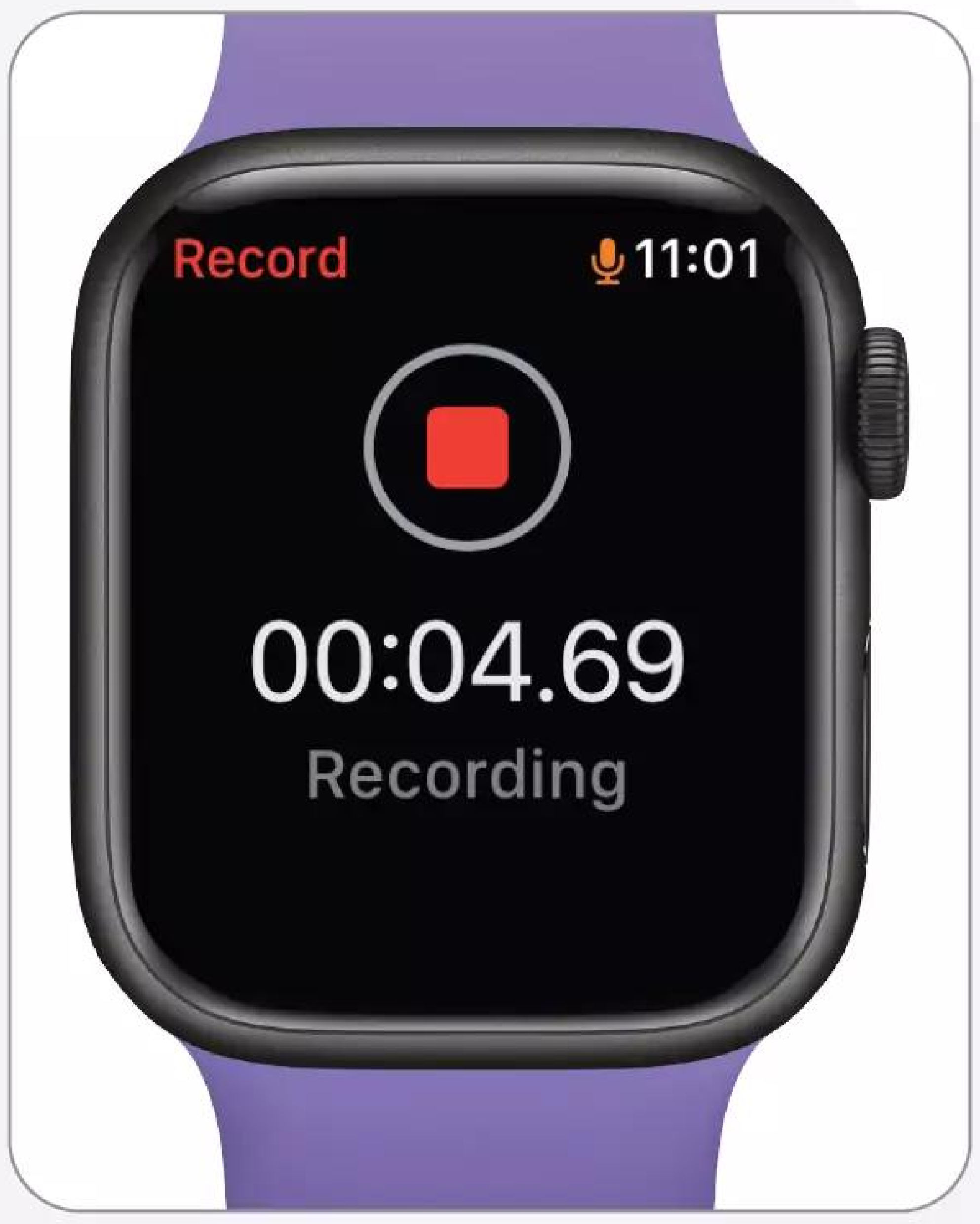
Record Voice Memos

With an Apple Watch on your wrist, you can record short pieces of audio, quickly and easily, using the Voice Memos app. Here's how.

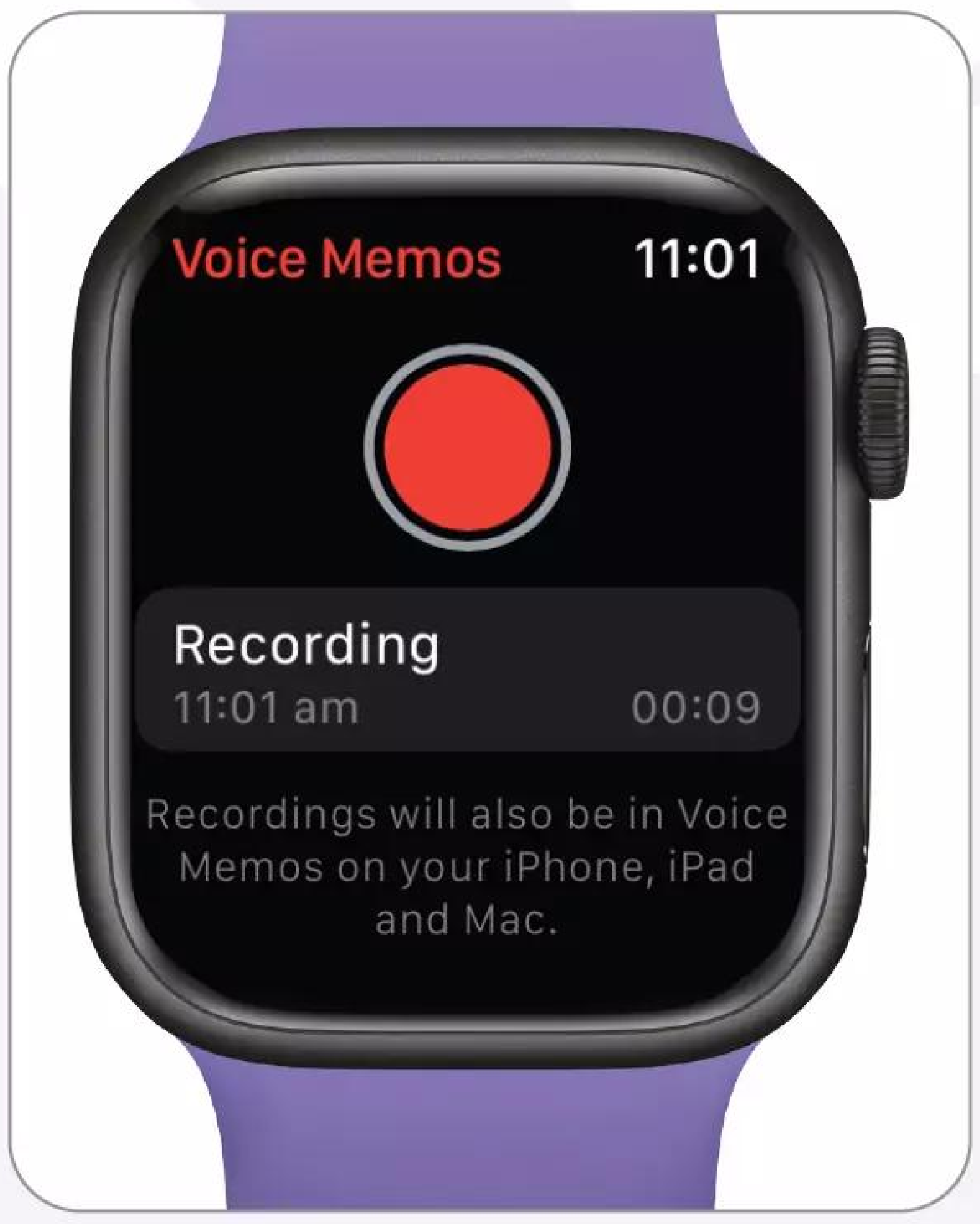

Voice Memos
10:40
Tap to record.

Recordings will also be in Voice Memos on your iPhone, iPad and Mac.

1 Open the Voice Memos app on your Apple Watch; it's the icon showing the red and white wave form. You'll see a simple screen, with a large red button in the centre labelled, 'Tap to record'.

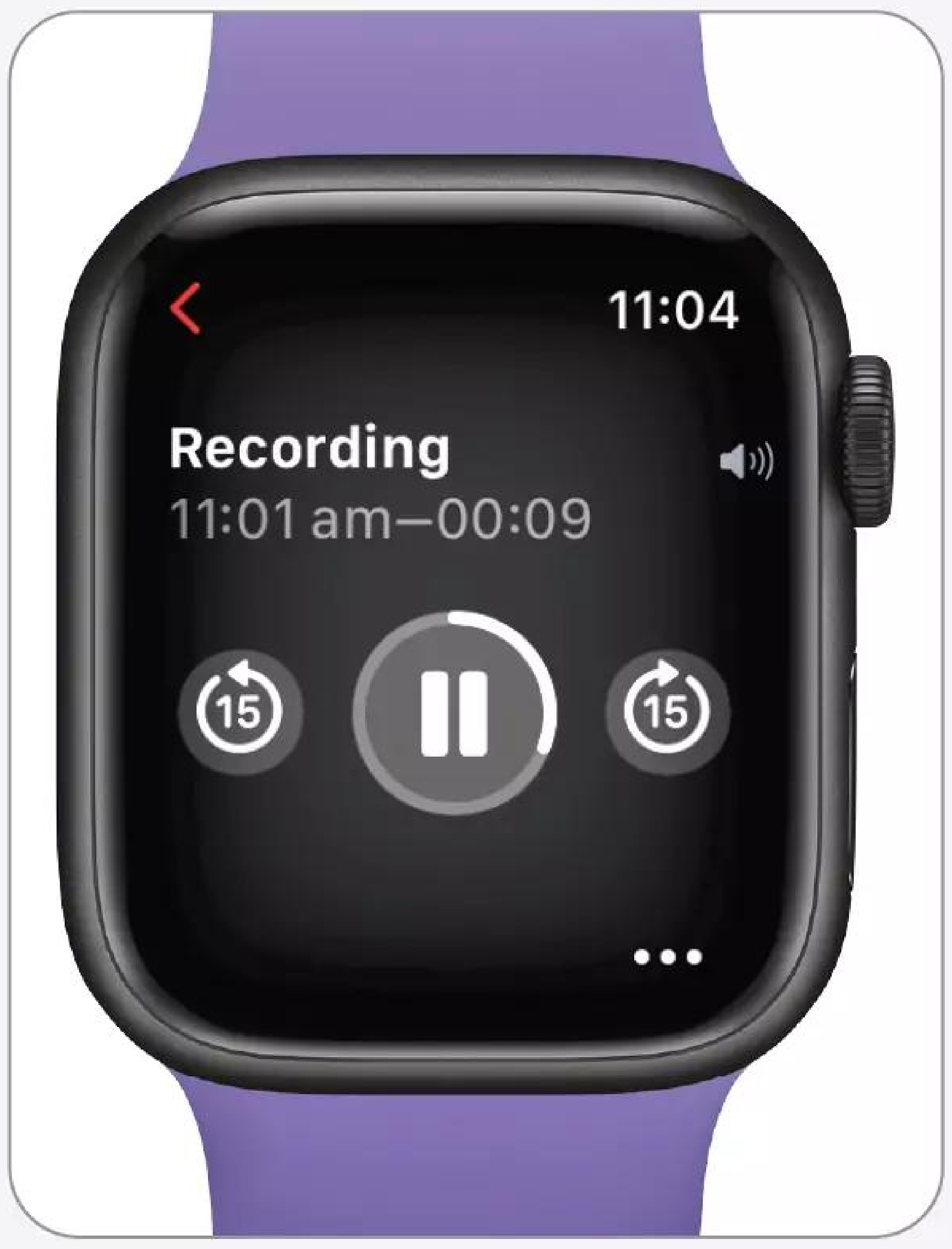

Record
11:01
00:04.69
Recording

2 Tap the big red button, and if you're recording a voice memo, speak your message. Naturally, you can record other things too; just make sure the watch is close enough to the sound source.

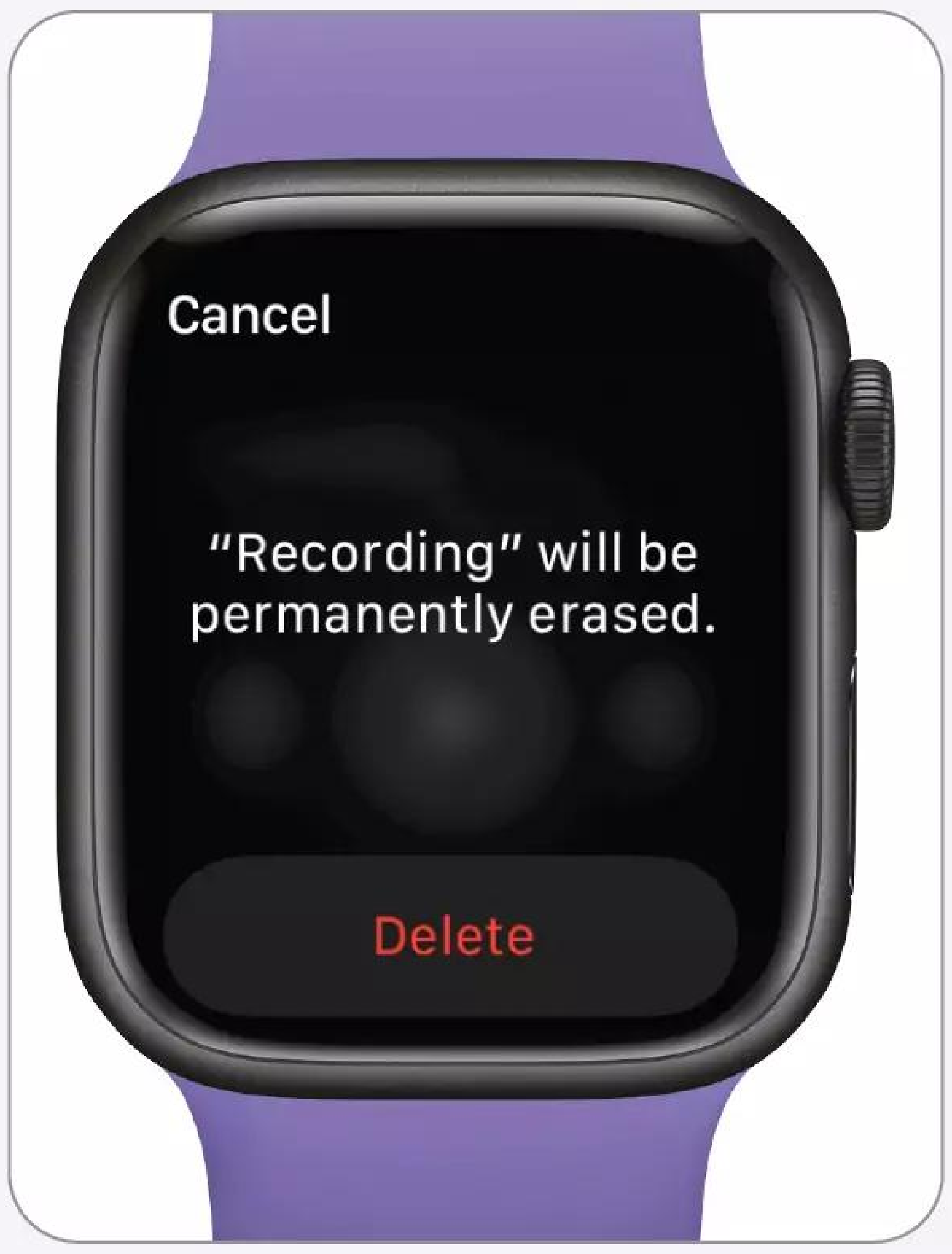

Voice Memos
11:01
Recording
11:01 am
00:09

Recordings will also be in Voice Memos on your iPhone, iPad and Mac.

3 While recording, the circular red button turns into a square. When you've finished and you want to stop the recording, tap the square button and it ends. The recording is listed on the screen.

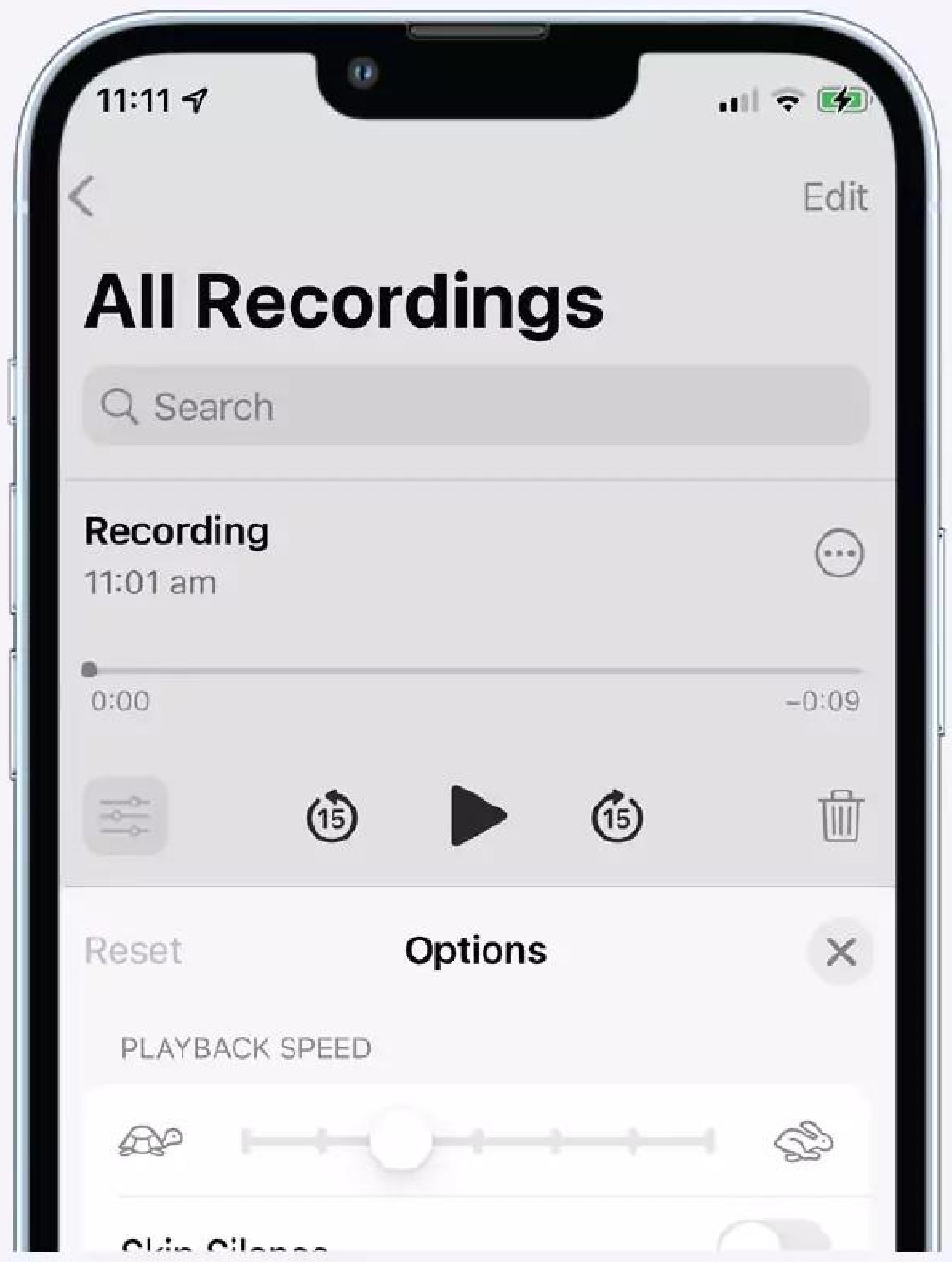

11:04
Recording
11:01 am—00:09
15
15

4 Tap a recording in the list and you're shown a set of audio controls. Tap the Play button to listen to it. Tap the word 'Recording' and you can enter a new name for your memo.


Cancel
Delete

"Recording" will be permanently erased.

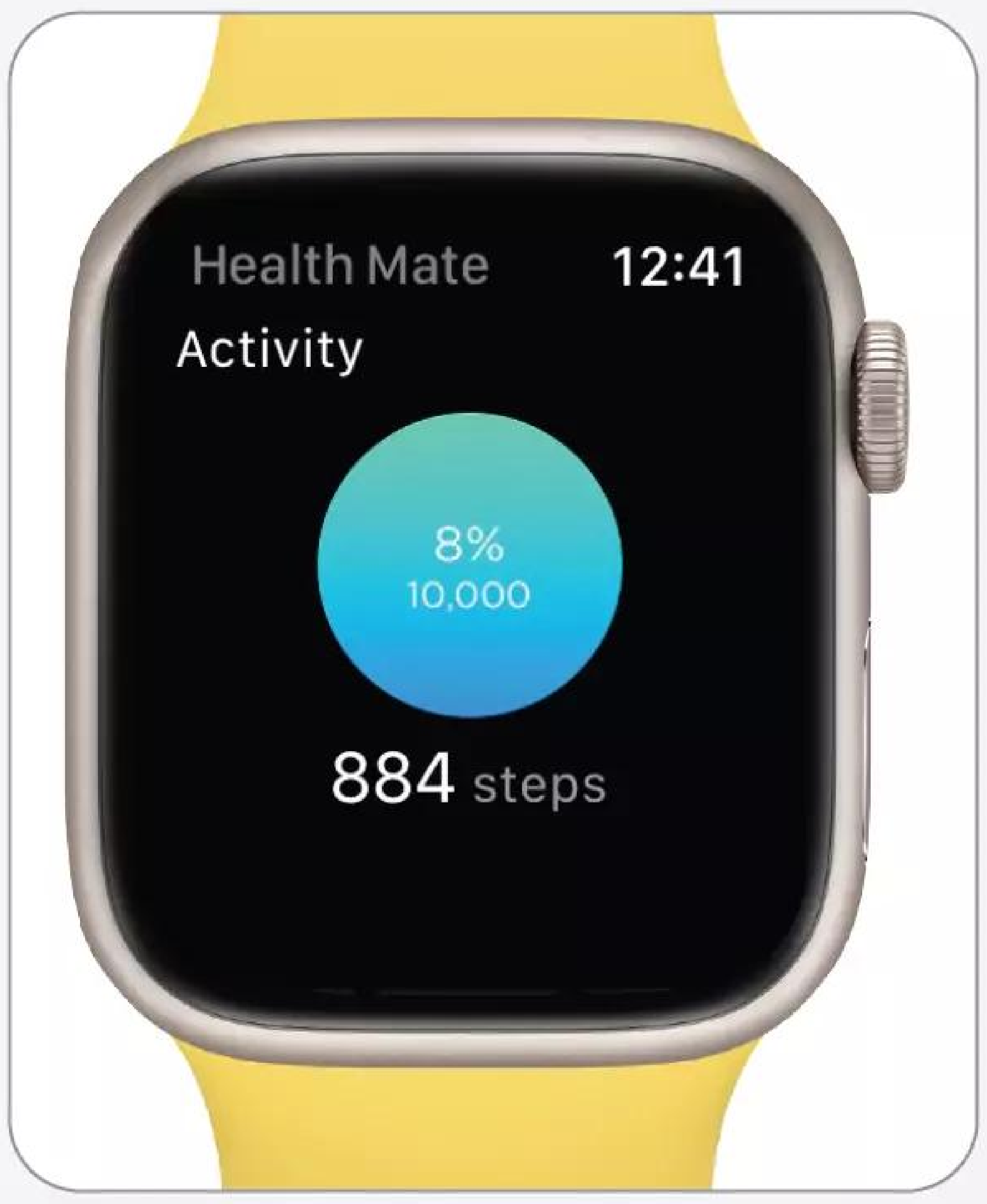
5 If you want to delete a voice memo, tap on it to open and then tap the three-dots icon in the bottom-right corner of the screen. Tap the Delete button to permanently erase it.


11:11
Edit
All Recordings
Search
Recording
11:01 am
0:00
-0:09
15
15
Reset
Options
PLAYBACK SPEED

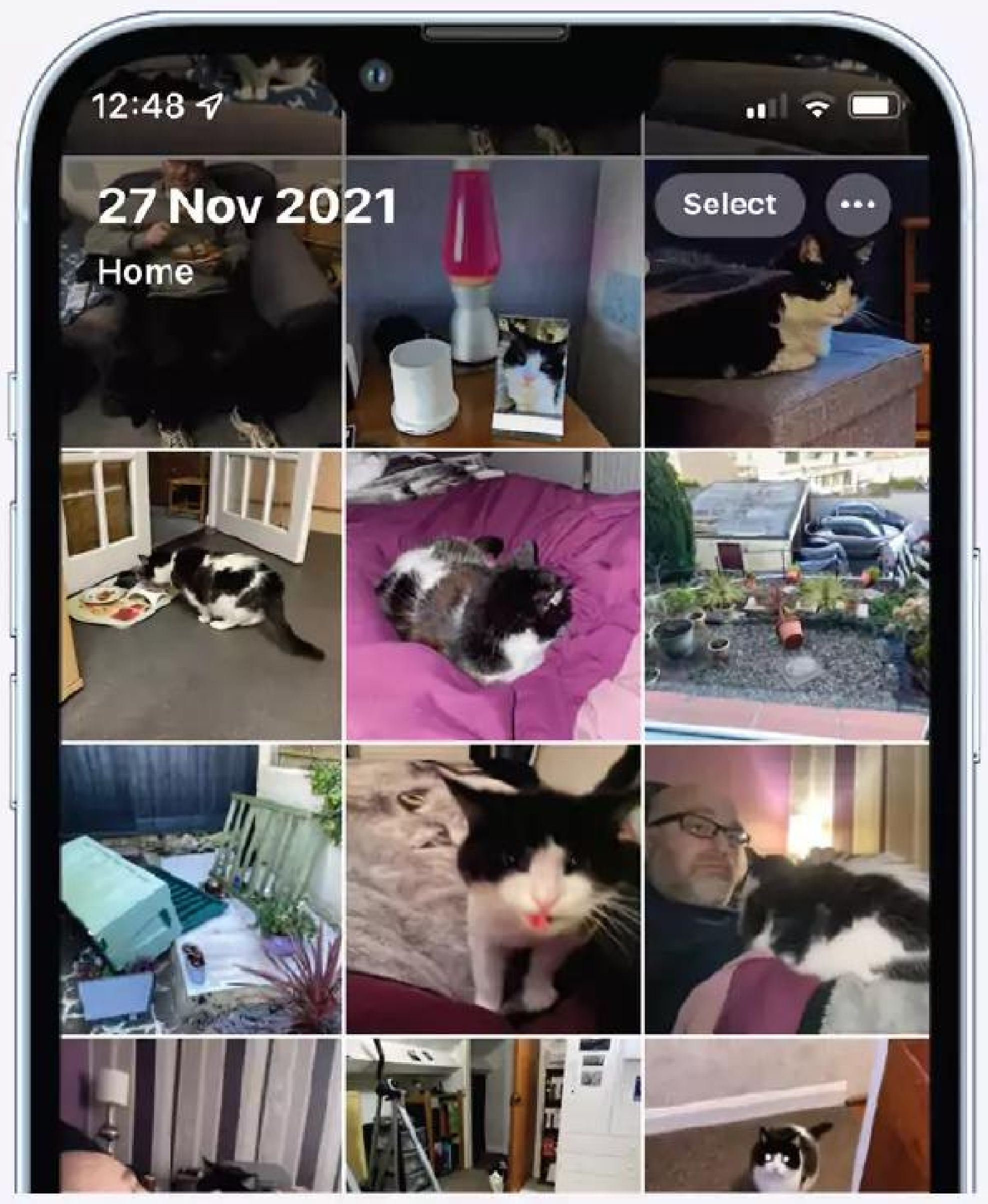
6 Recordings are synced with your iPhone, iPad and/or Mac, as long as they're signed into the same Apple ID. Just open the device's Voice Memos app and you can review it there too.

Take Screenshots on Your Watch

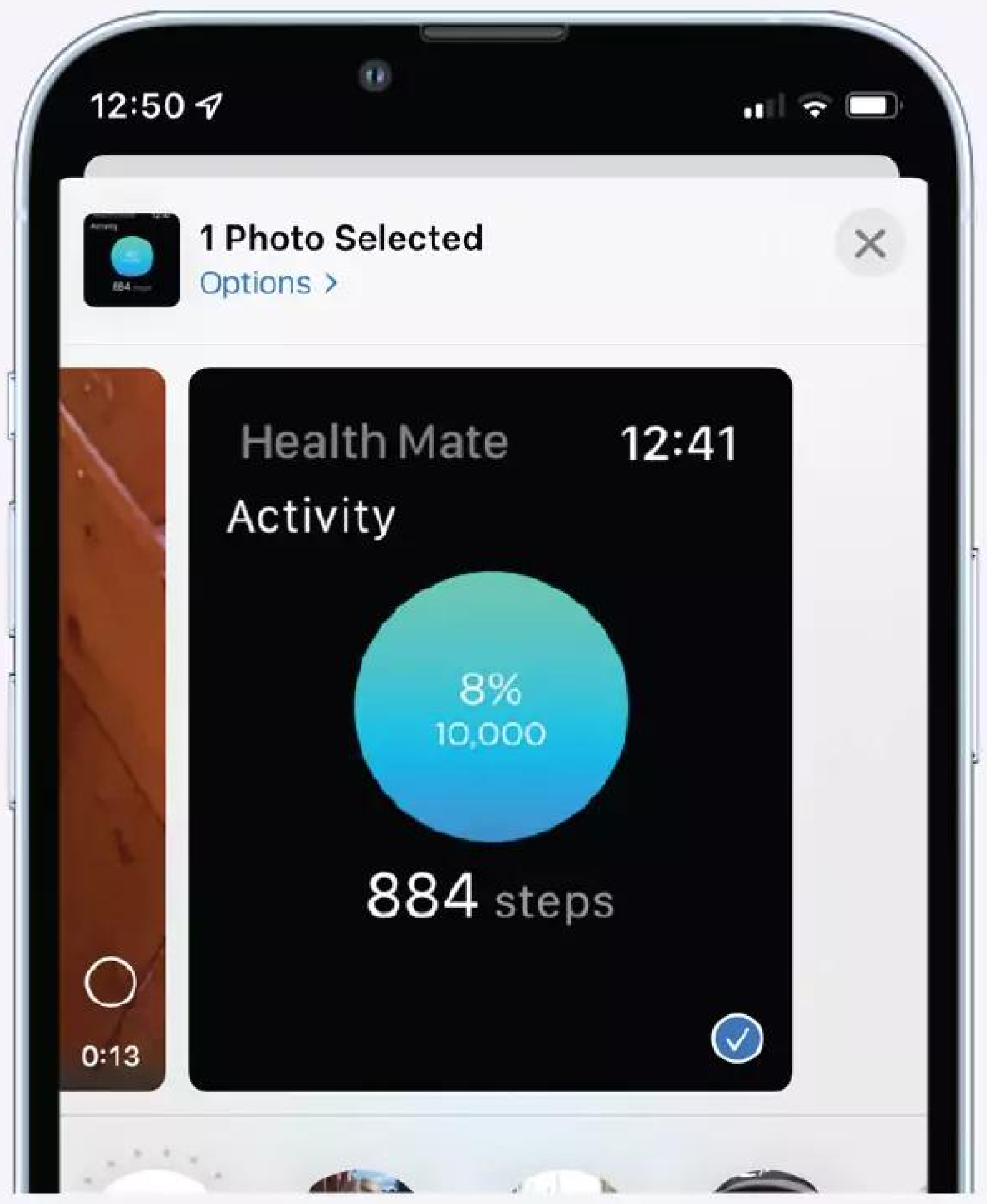
Did you know you can take screenshots of your Apple Watch face? Of course you did – you're reading a magazine that's full of them. But do you know how to do it? It's a useful tip; you can take a screenshot and send it to a friend, maybe to show them how to do something on their own Apple Watch, or share an alert you received. Here's how you take them.


Health Mate
12:41
Activity
8%
10,000
884 steps

1 First of all, navigate to the screen you want to capture. Then press the Digital Crown and the Side Button together. You hear a sound effect that resembles an old-style film camera taking a picture, and the screen flashes.


12:48
27 Nov 2021
Home
Select

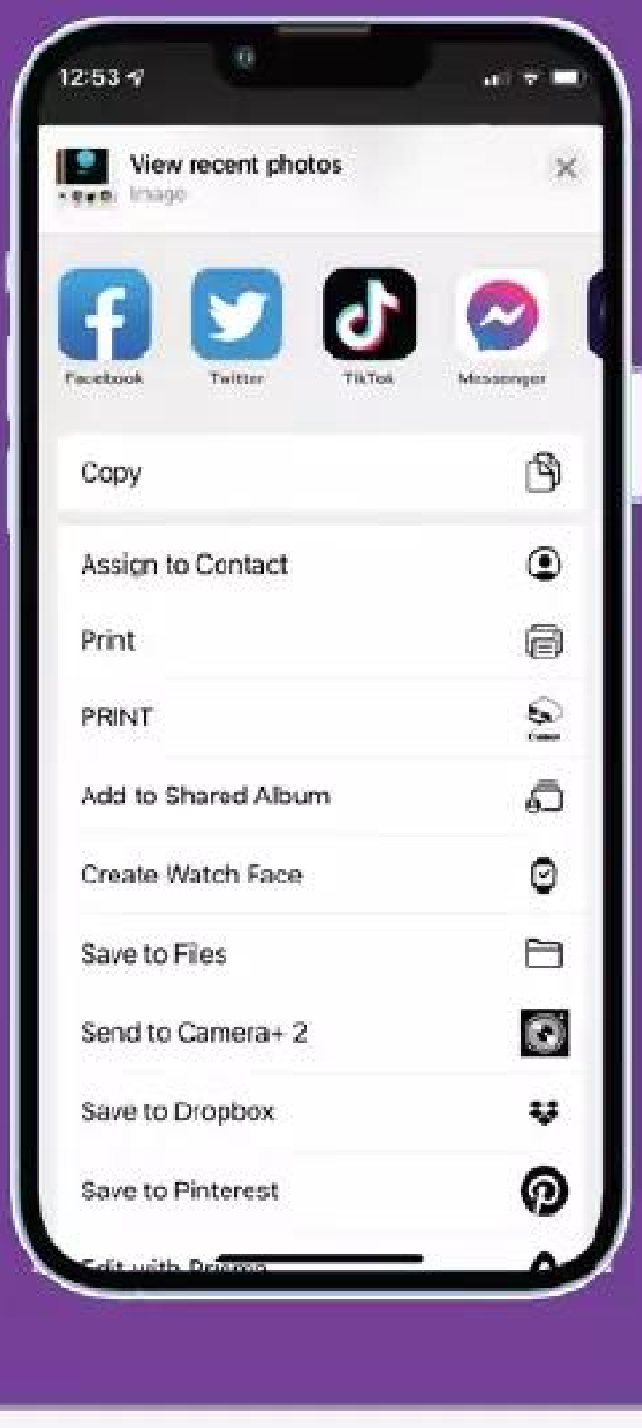
2 On your iPhone, open the Photos app. In the tabs at the bottom of the screen, tap the All Photos option on the right. You'll see thumbnails of your photos, including the screenshot you just took on your Apple Watch.

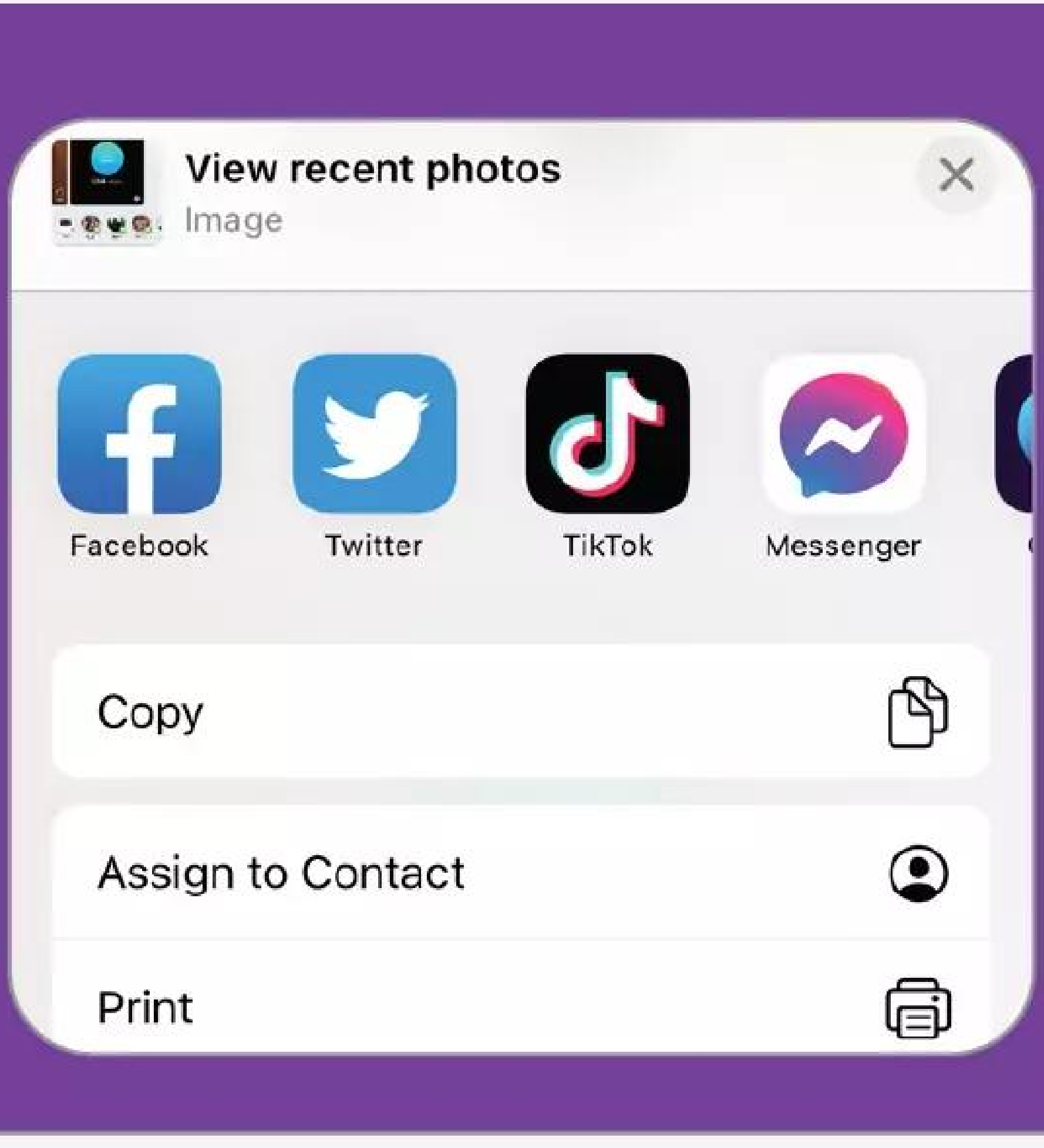

12:50
1 Photo Selected
Options
Health Mate
12:41
Activity
8%
10,000
884 steps
0:13

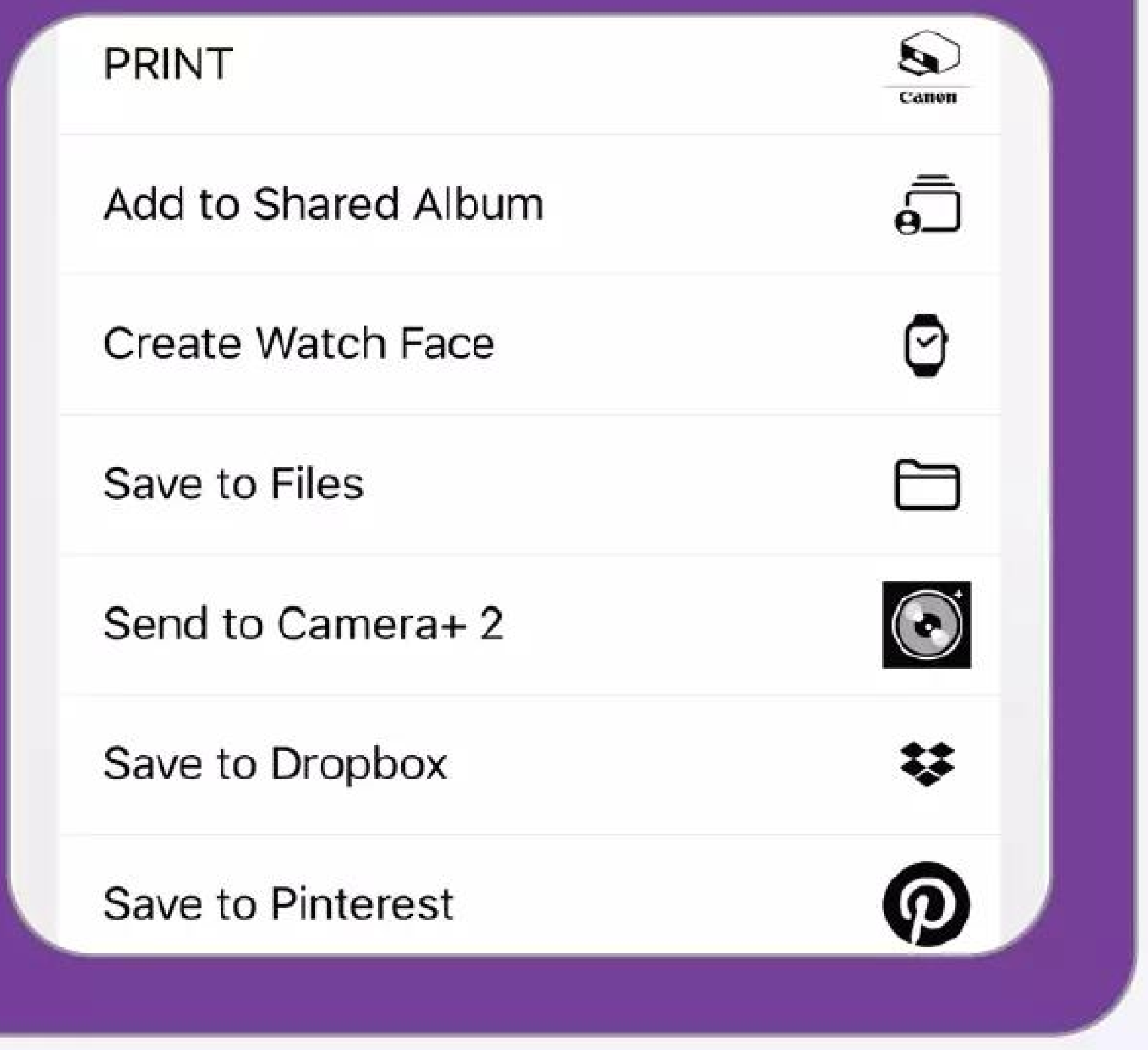
3 Tap the Apple Watch screenshot, and it opens, just like a photo. From here, you can tap the Sharing icon and send it to a friend or relative, through Messages, Mail, AirDrop and more.

Sharing Your Screenshot

Also under the Sharing menu, you can upload your Watch screenshot to Facebook or Twitter, add it to an album, print it out and more. Alternatively, instead of tapping the Sharing icon, tap the Select Text icon and copy the words from your watch face screen.


View recent photos
Copy
Assign to Contact
Print
PRINT
Add to Shared Album
Create Watch Face
Save to Files
Send to Camera+ 2
Save to Dropbox
Save to Pinterest


View recent photos
Image
Facebook
Twitter
TikTok
Messenger
Copy
Assign to Contact
Print


PRINT
Add to Shared Album
Create Watch Face
Save to Files
Send to Camera+ 2
Save to Dropbox
Save to Pinterest

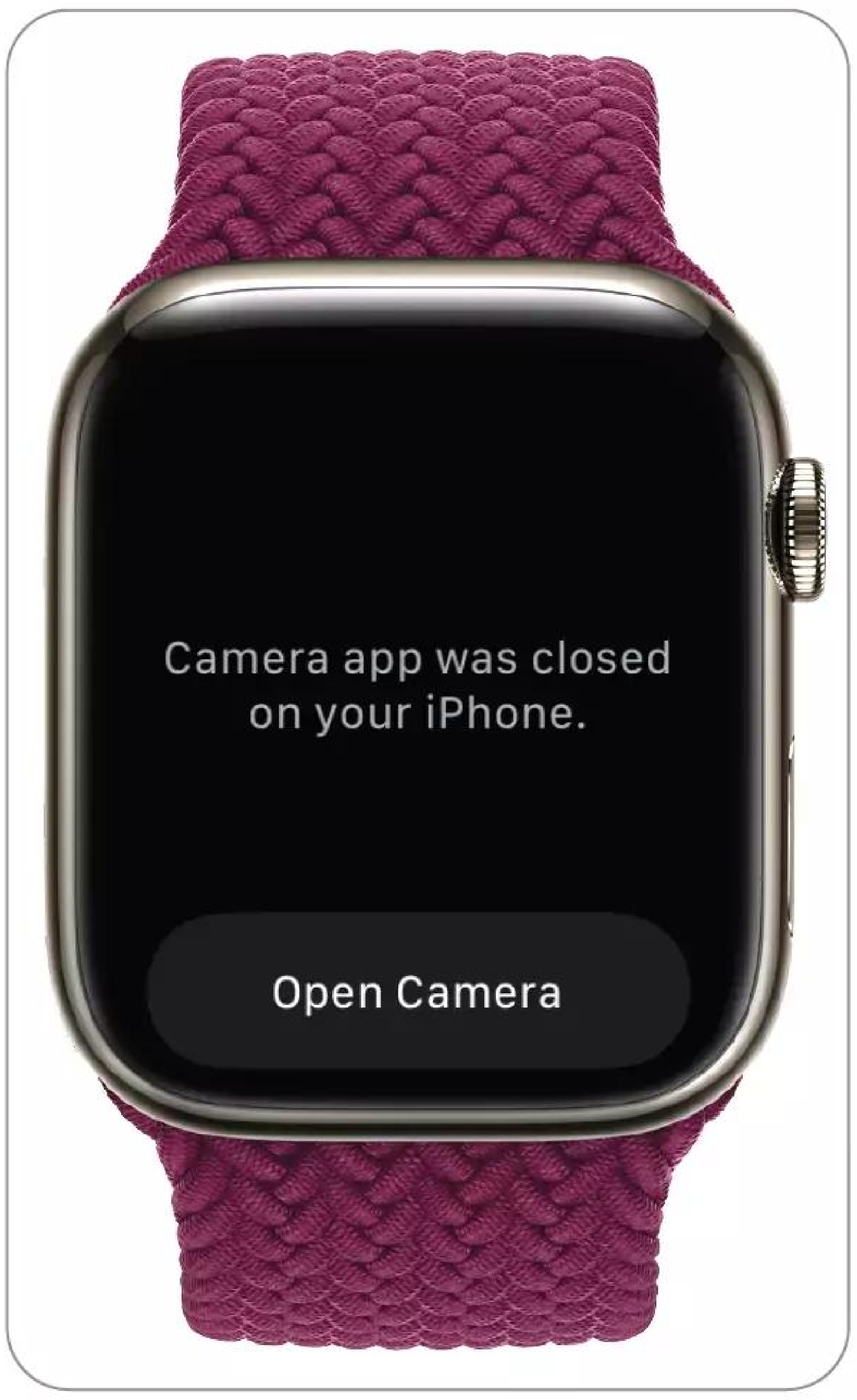
Watch Camera Remote

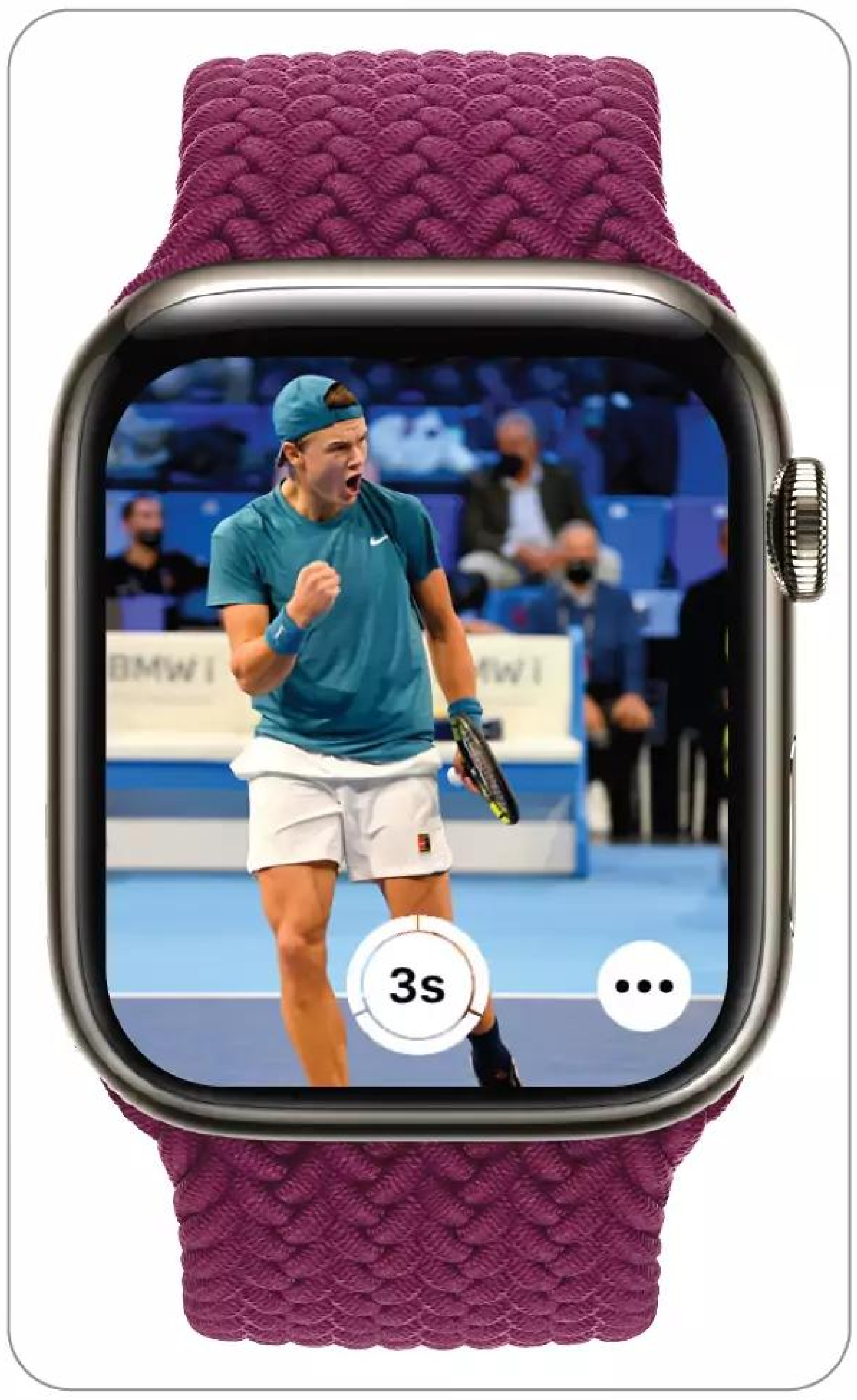
iPhone
12:53
Ace of Spades
Motorhead–Ace

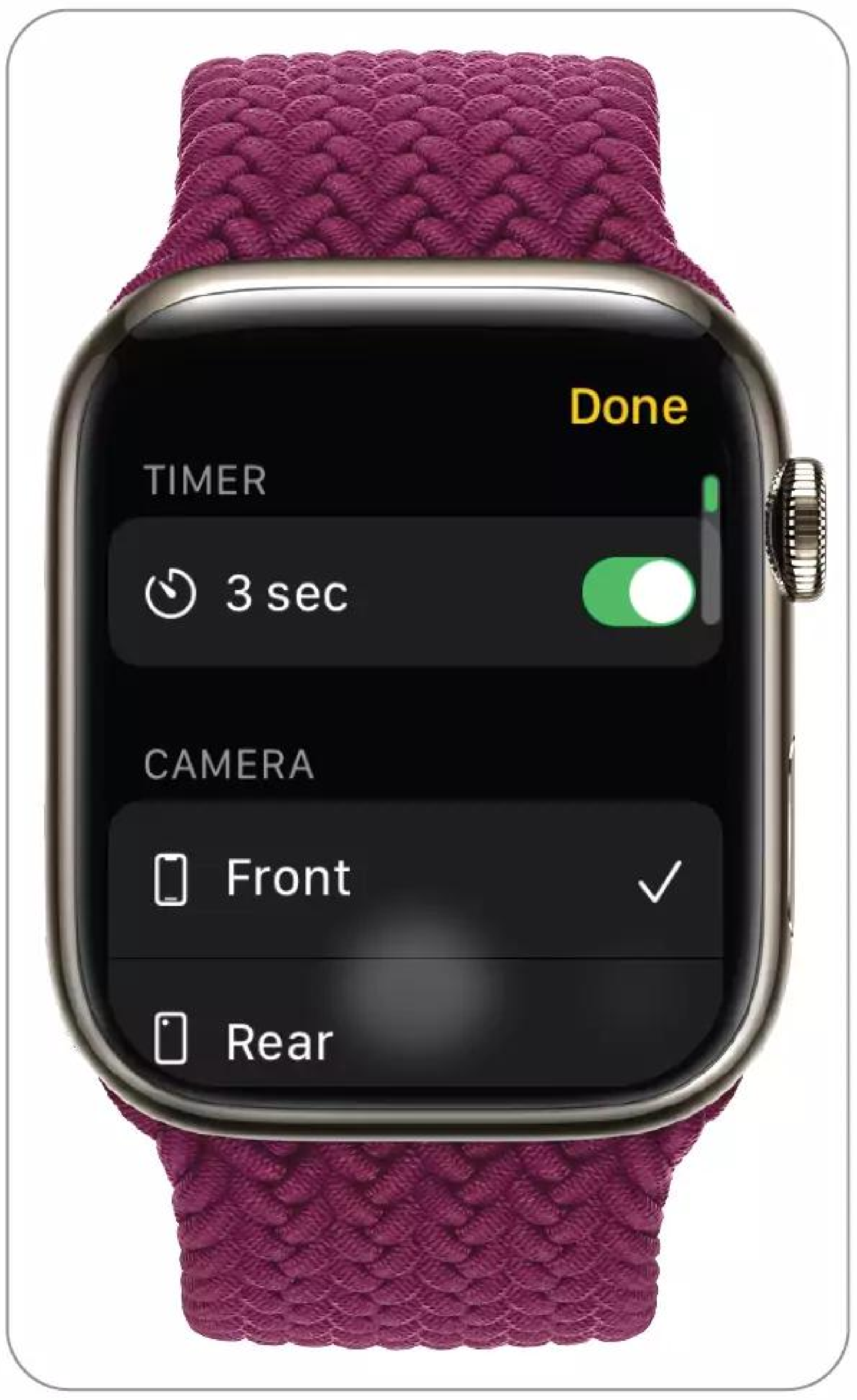
Although your Apple Watch has no built-in camera of its own, you can use it to take photographs through your iPhone's cameras. Just open the Apple Watch Camera Remote app and you can use its built-in controls to snap whatever's shown on your iPhone's Camera app. Here's how to use this handy feature.

Taking Photos with the Camera Remote App

The Camera Remote app on Apple Watch is the grey icon with a picture of a camera shown. It looks a lot like the Camera app icon on your iPhone, so you can't miss it. It's a very app useful, if a little basic.



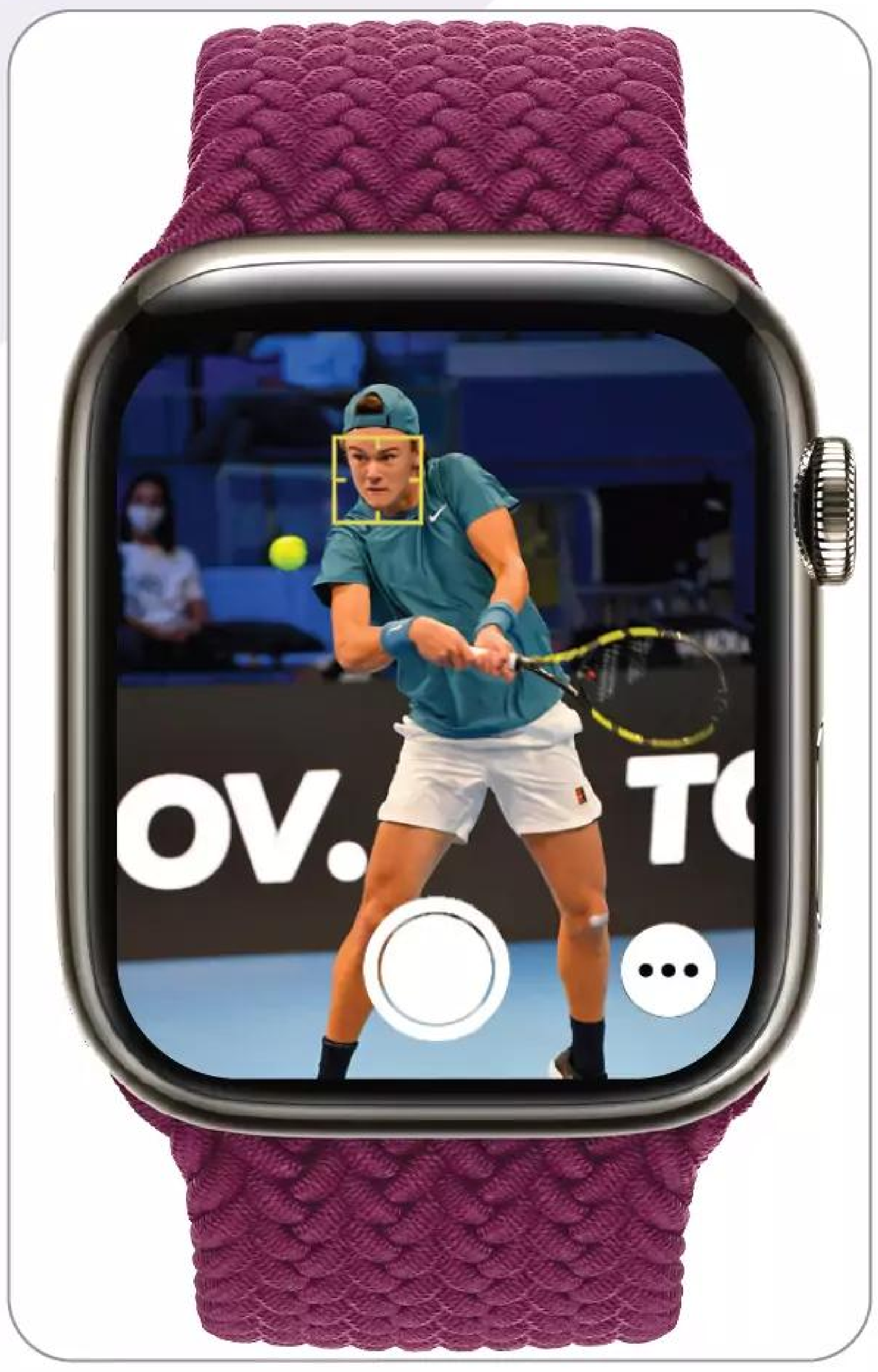


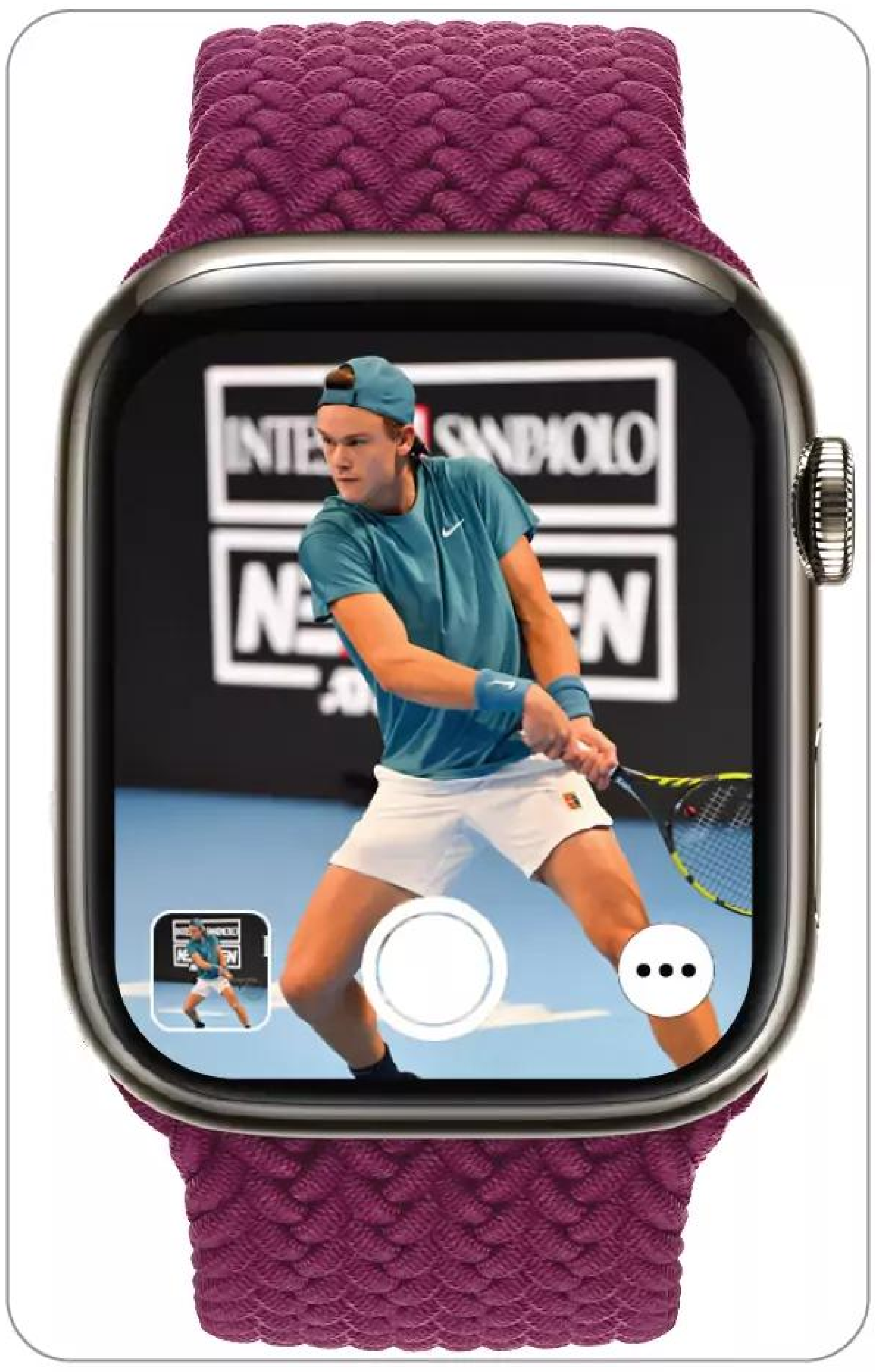


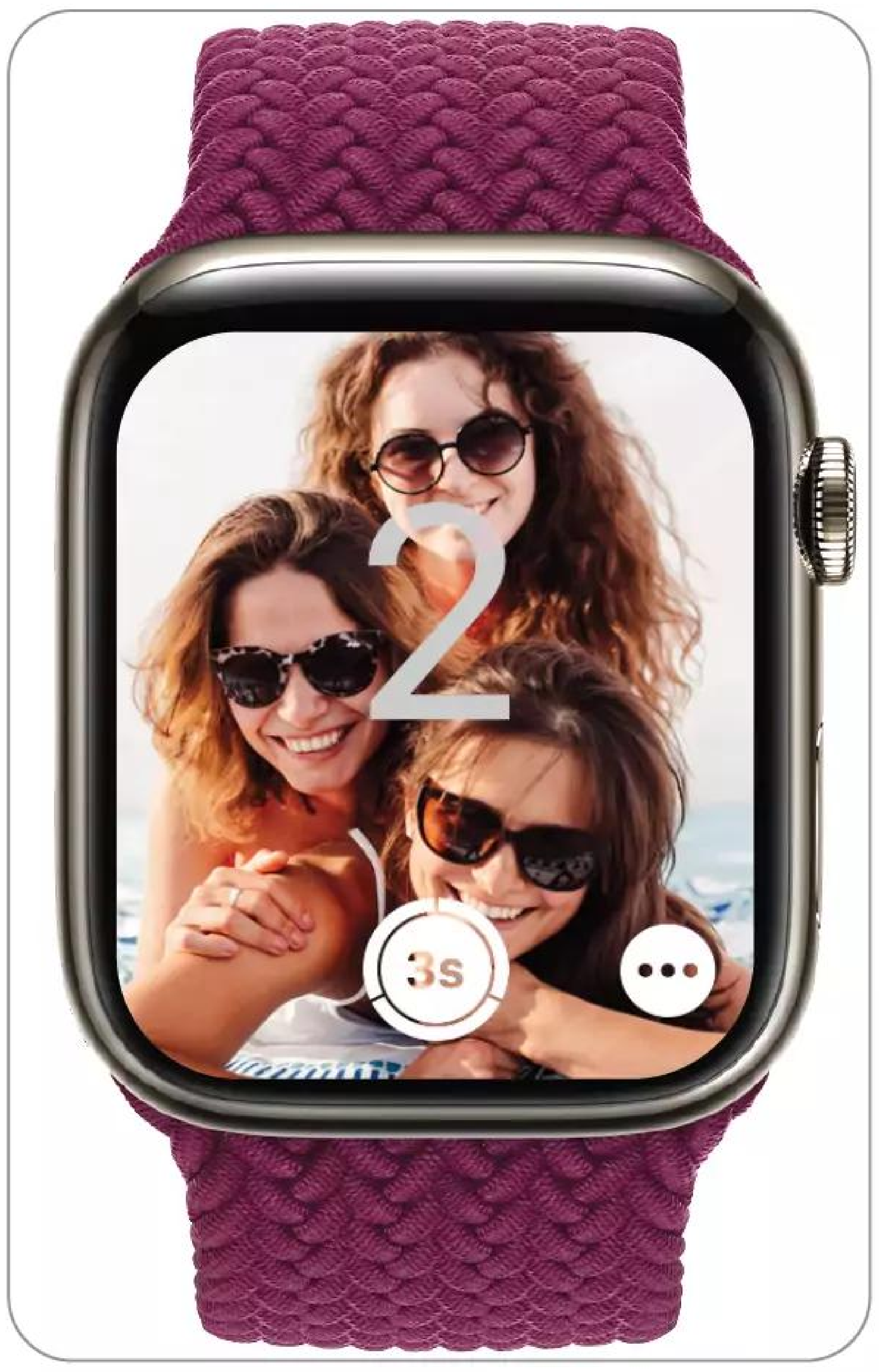
1 First of all, open the Camera app on your iPhone and the Camera Remote app on your Apple Watch. If you open the watch app without first opening the iPhone application, you see the screen shown above – press the button marked 'Open Camera' to launch the iPhone app.

2 This is what you'll see when the Camera and Camera Remote apps are both open. Whatever is viewed through your iPhone's Camera app is shown on your watch screen. You can position the iPhone a distance away from the watch, as long as it's within Bluetooth range.

3 Tap the three-dots icon on the bottom-right of the watch screen to configure your iPhone camera options. These include the timer, which camera to use, the flash, Live photo settings and switching the HDR option on or off. Tap Done when you've finished.



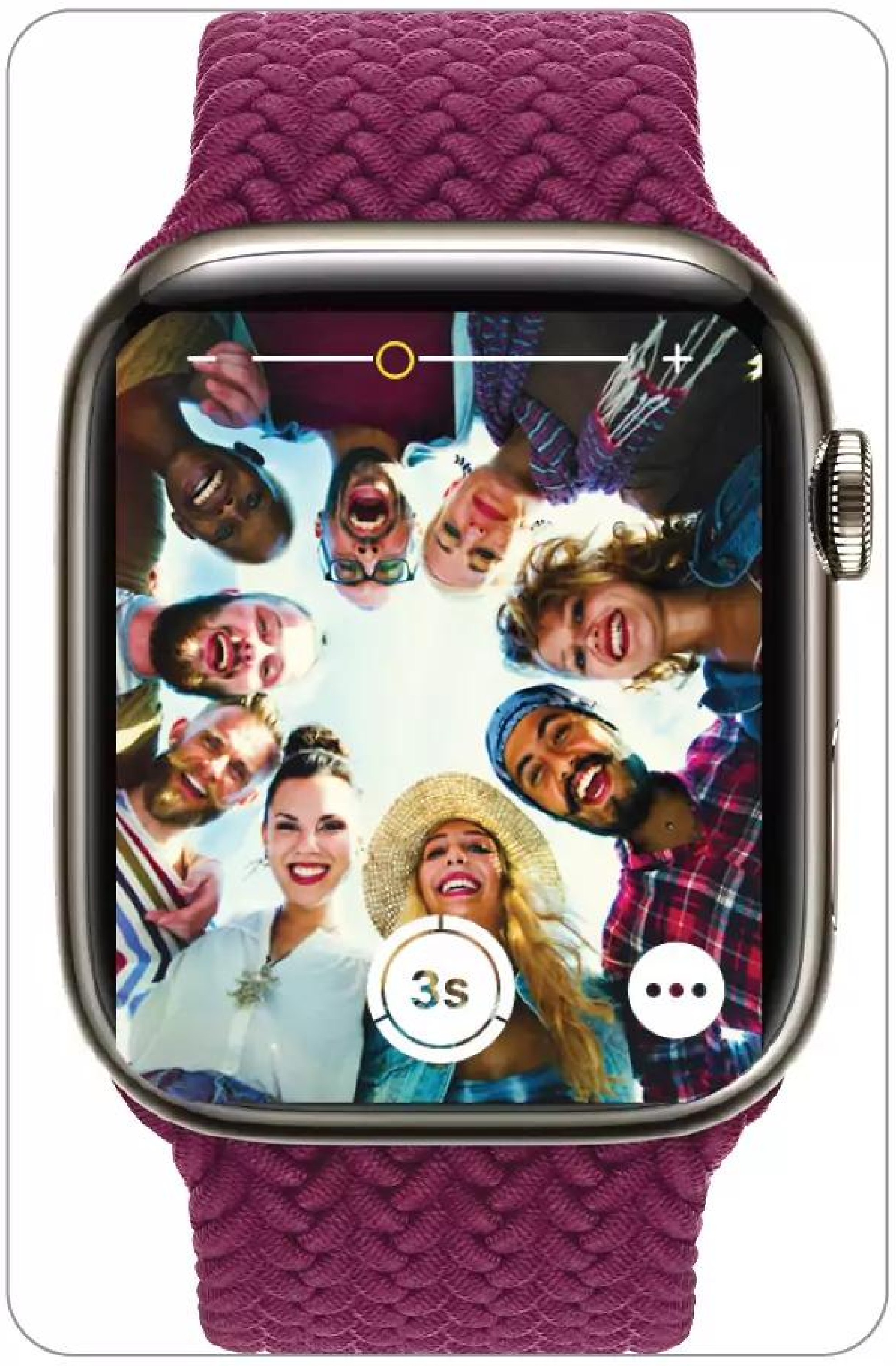


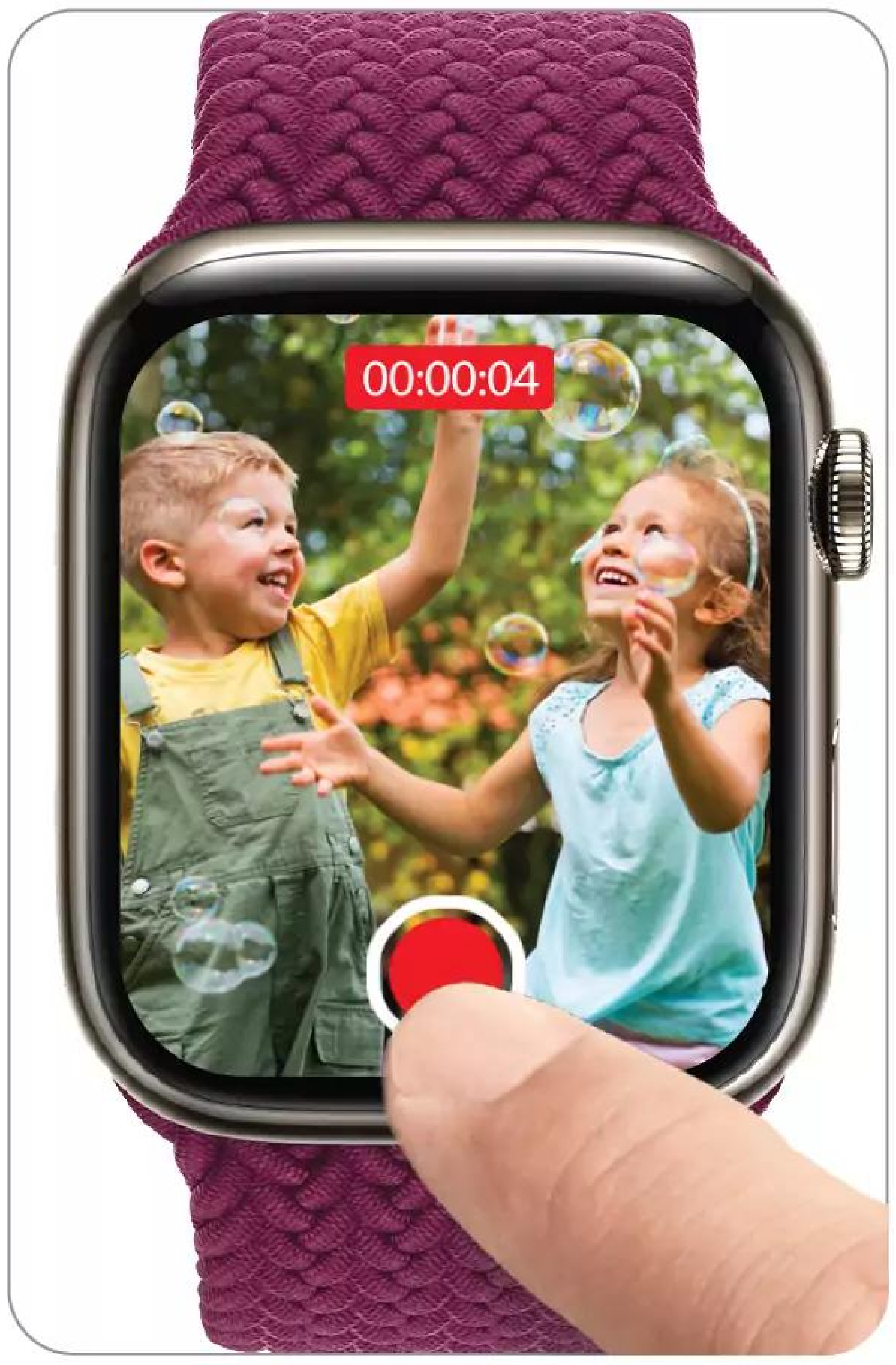


4 To set the focus on your picture tap the screen, just like you would when using the iPhone's Camera app. A yellow square shows where you're focused. If it's not where you wanted it, tap again to set a different focus point. This keeps the important things sharp.

5 To take a photo, tap the big white button. A picture is taken, and shown as a thumbnail in the bottom-left corner. Tap this thumbnail to look at the pictures and swipe the screen to cycle through them. Tap Close (top-left), to go back to the Camera Remote.

6 If you want to use the timer, tap the three-dots icon and switch it on. The white button now shows '3s'. Tap it and after a three second countdown, a burst of pics are taken, giving you a choice of snaps. If you're taking a selfie, the timer gives you a chance to move.





7 While setting up a shot on the Camera Remote on your Apple Watch, you can use the Digital Crown to zoom in and out. A line appears at the top of the screen to show you how much you're zoomed. After setting the zoom, tap the white button to take the photo.

8 You can also use the Camera Remote button to take videos using your Apple Watch. Instead of tapping the white button, tap and hold it instead and it turns into a video button and movie footage is captured. To stop recording the video, release the button.

Spycam

If you need to keep an eye on something, you can use your iPhone and Apple Watch as a spycam. Place the phone where you need it, and open Camera Remote on your watch. As long as you're in Bluetooth range, you can view and photograph what's going on from your watch.

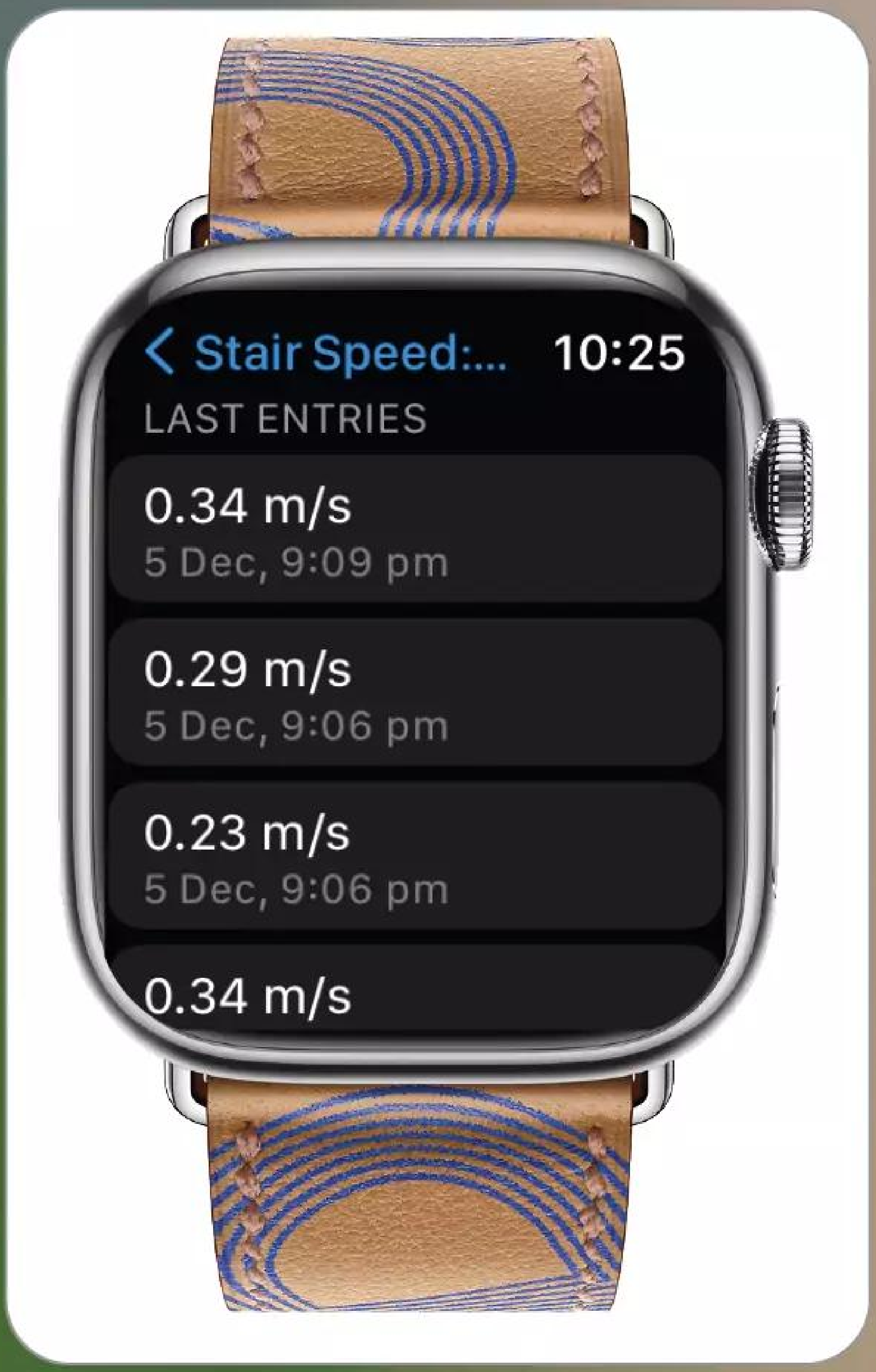
Health and Wellbeing

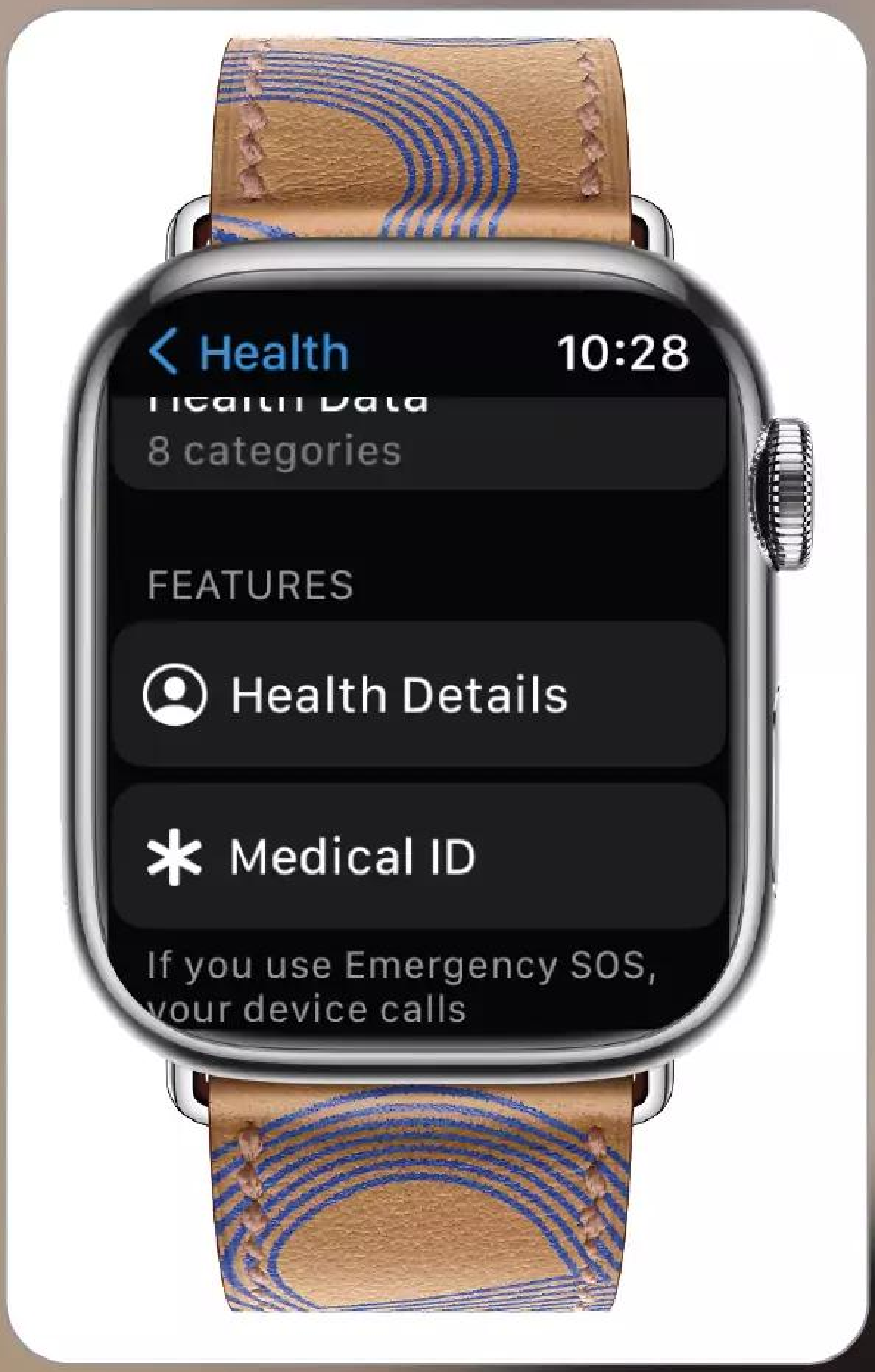
The Apple Watch is great for monitoring your health and looking after your general wellbeing. You can check your heart rate, make sure ambient noise levels aren't damaging your hearing, guard against nasty falls and more. Here we round up the watch's best health and wellbeing features.

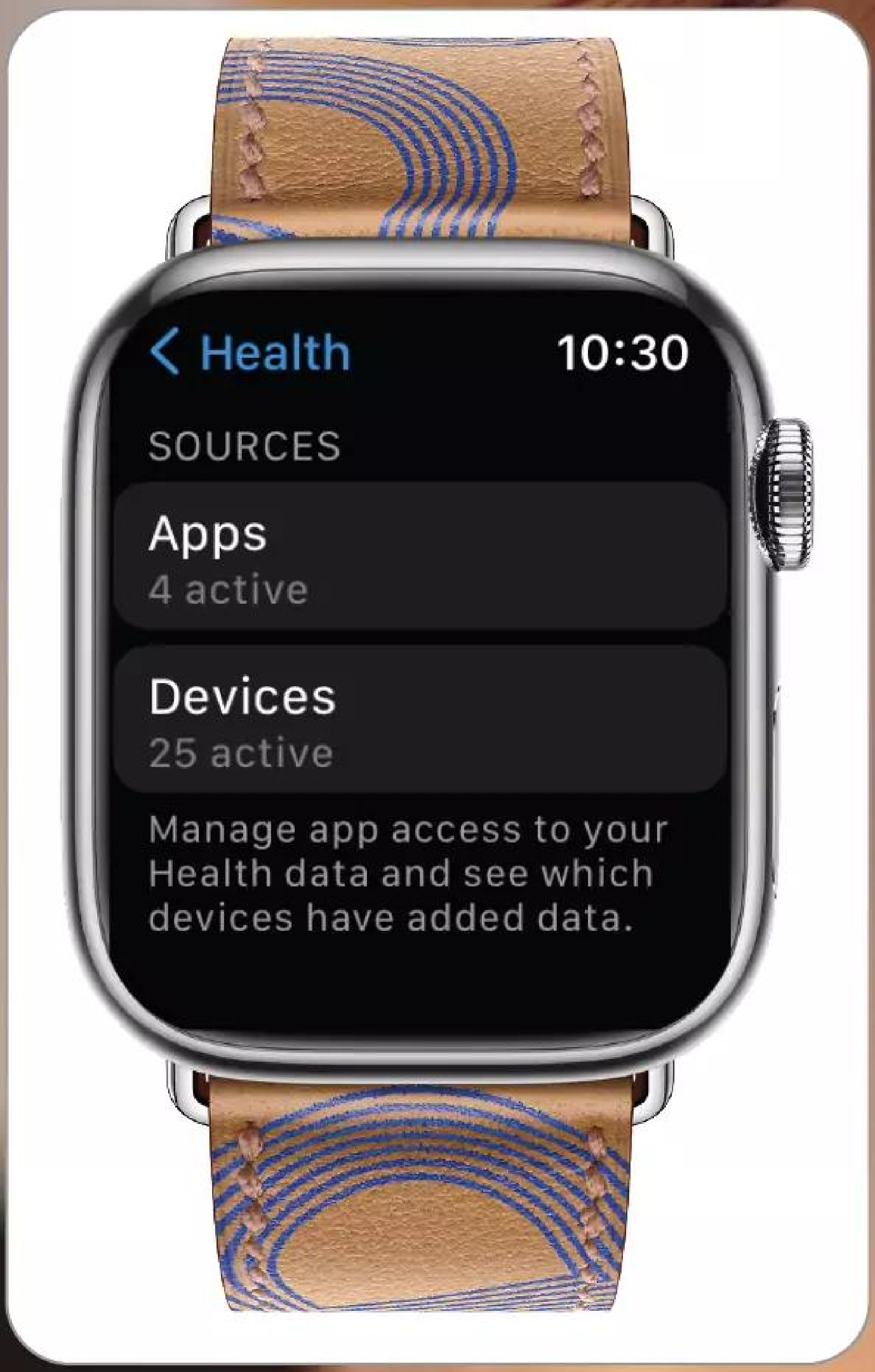
Cancel
POWER OFF
MEDICAL ID
SOS
EMERGENCY SOS

Health Settings

Apple Watch doesn't have a Health app, but it does have a Settings page which you can use to check up on your health data, and edit your Medical ID. Here's how to do so.


Stair Speed:... 10:25
LAST ENTRIES
0.34 m/s
5 Dec, 9:09 pm
0.29 m/s
5 Dec, 9:06 pm
0.23 m/s
5 Dec, 9:06 pm
0.34 m/s


Health 10:28
Health Data
8 categories
FEATURES
Health Details
Medical ID
If you use Emergency SOS, your device calls


Health 10:30
SOURCES
Apps
4 active
Devices
25 active
Manage app access to your Health data and see which devices have added data.

1 In the Settings app, open the Health option. Under Health Data, there's a range of categories such as Activity, Hearing and Heart. Tap one and you can review data such as headphone audio levels, how fast you climb the stairs and more.

2 Health Details collates information like your name, age, sex, blood type and more. Tap the Medical ID option for similar information, but also the chance to edit it. Scroll to the bottom of the screen and tap the Edit Medical ID button.

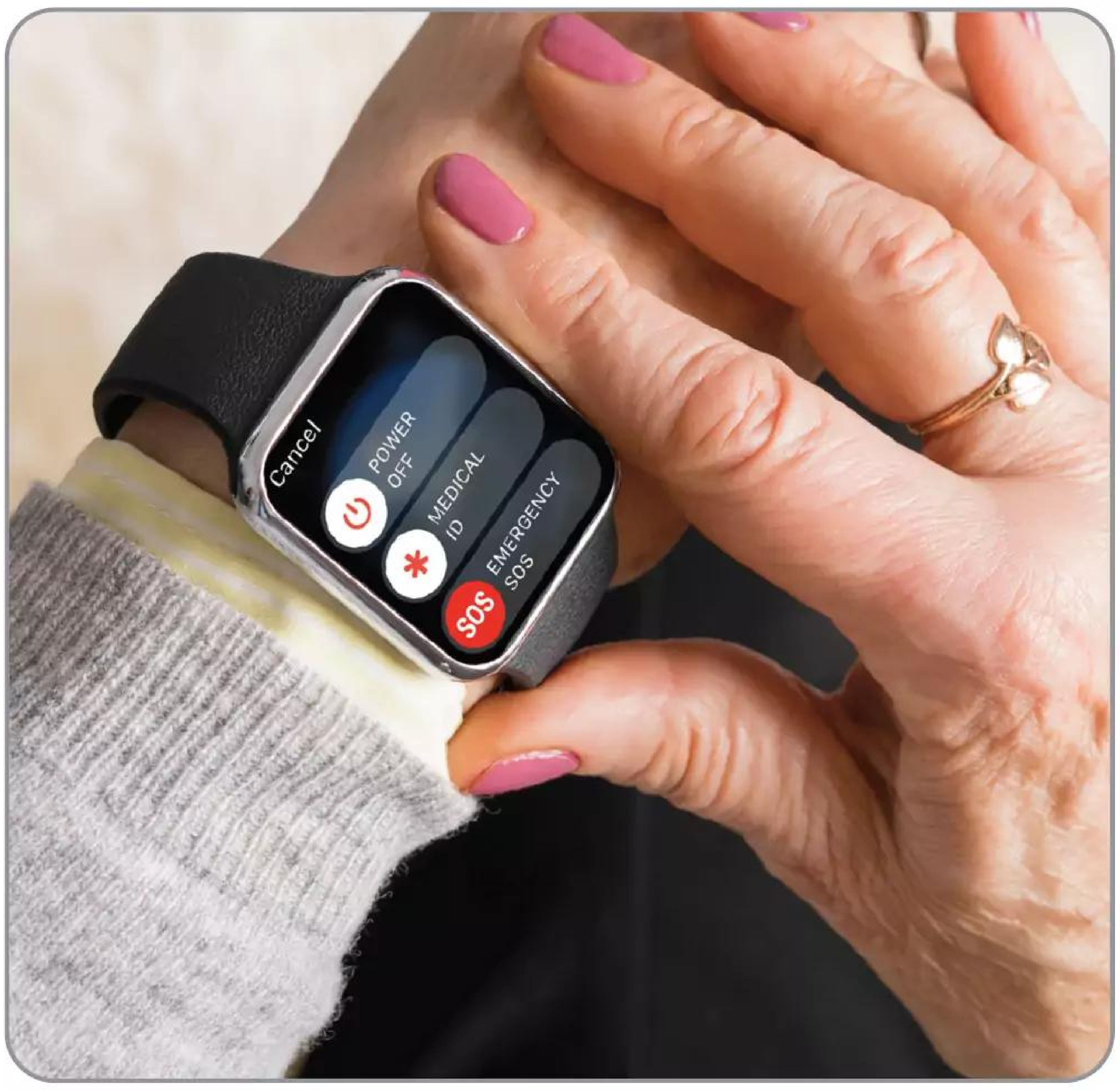
3 At the foot of the Health settings are sources of data. These include health-related apps which you've installed and linked with your iPhone's Health app, and devices you've paired with your iPhone which record health information.

In Case of Emergencies

Press and hold the side button and you get this screen, with two emergency options. Swipe the Emergency SOS slider and your watch makes a call to the emergency services in your location. Or, if you can't use the slider for any reason, continue to hold the Side Button and after a countdown, the emergency services are called. If your watch doesn't have cellular services, your iPhone has to be nearby to use Emergency SOS. When the call is finished, the watch sends your emergency contacts your location, even if Location Services is off.

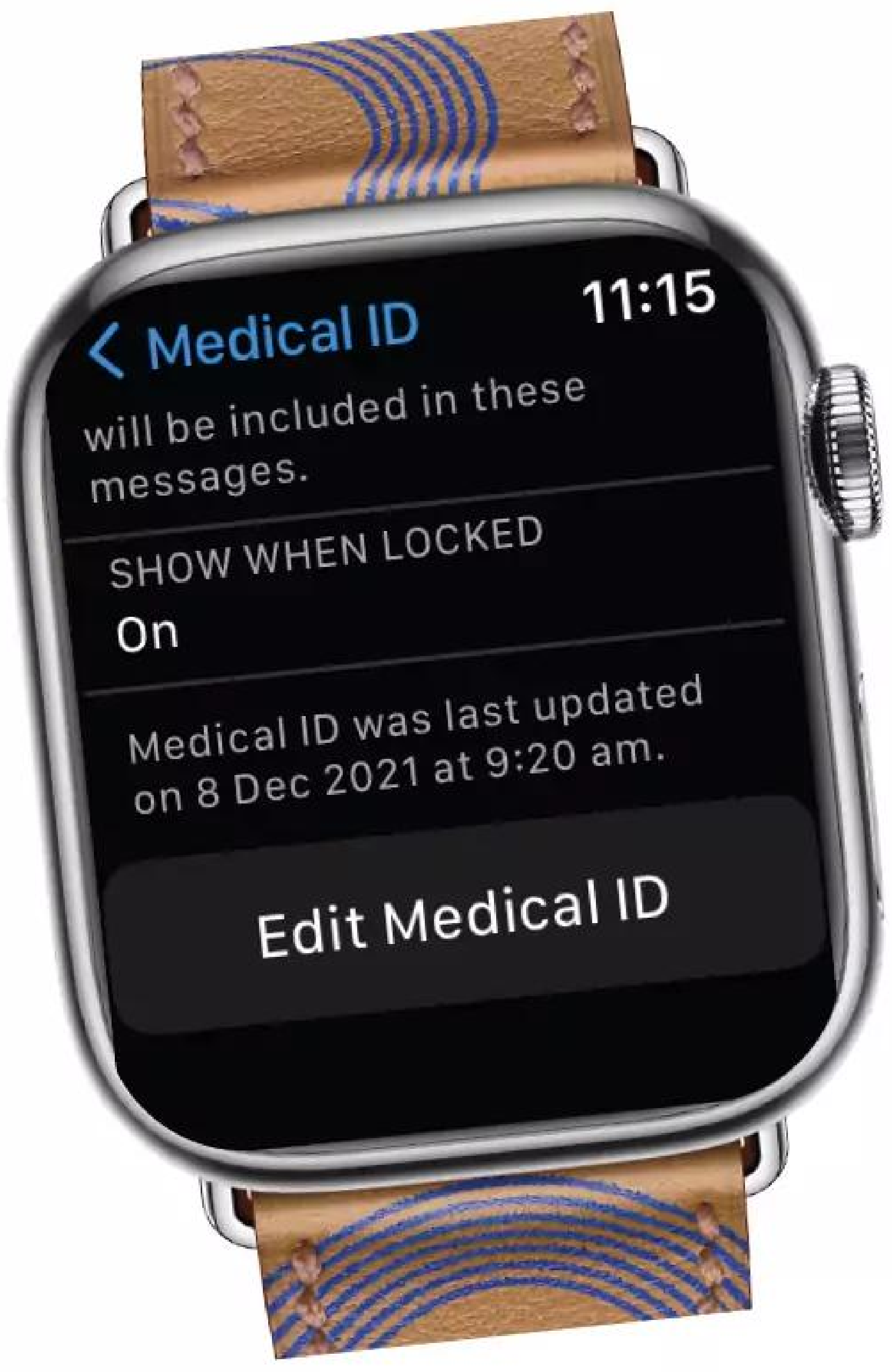
Swipe the Medical ID slider to see the medical information you've entered on your iPhone and/or Apple Watch. This includes your age, weight, sex, height, blood type, emergency contacts and information that might be important in an emergency.

Both of these features work even if your watch is locked. Even if you've not typed your passcode to unlock the watch, these emergency functions are available.



Editing Your Medical ID

It's a good idea to add as much information as possible to your Medical ID. In the event of an accident, the emergency services could find this data invaluable. You can do this on your iPhone or Apple Watch.

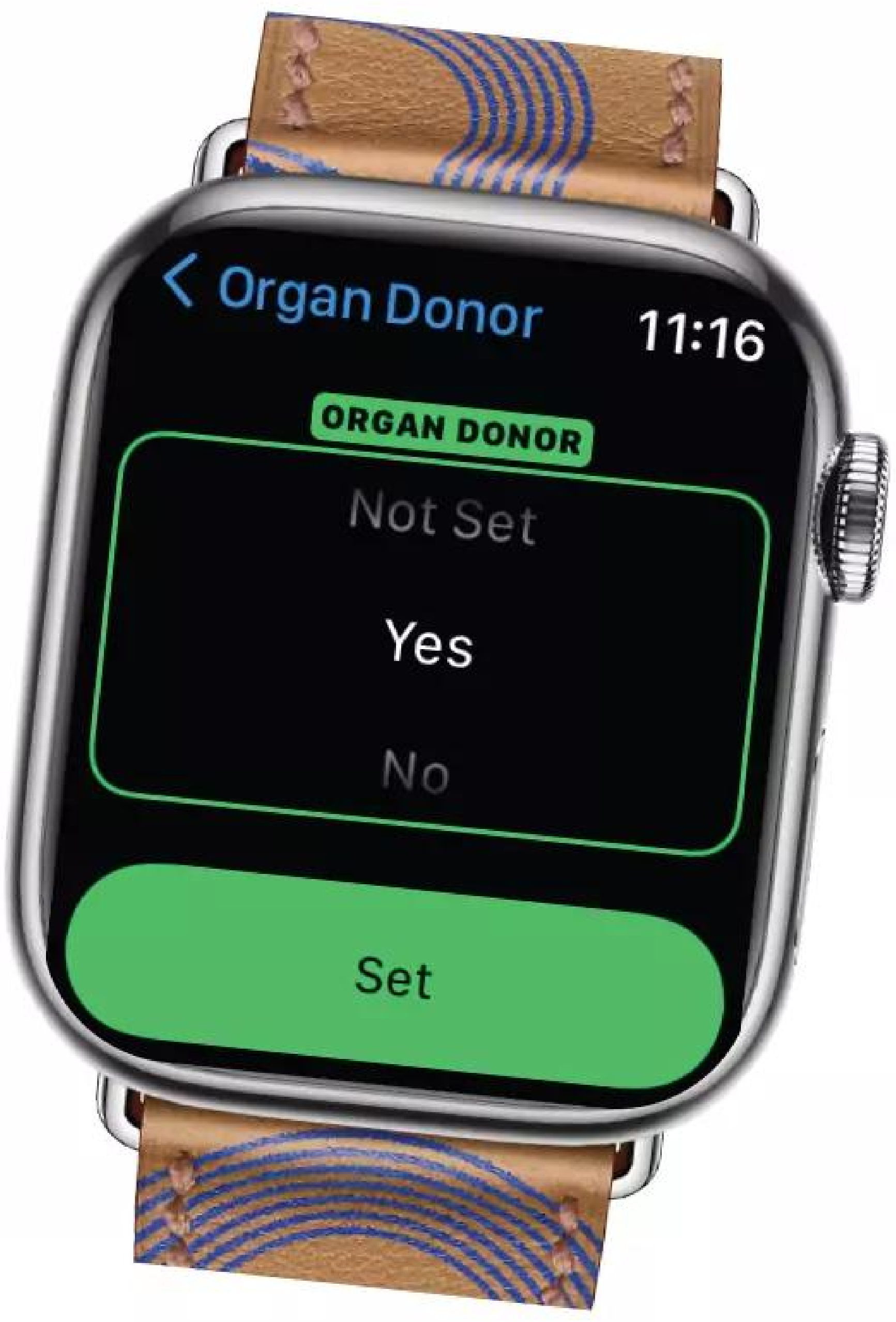


will be included in these messages.

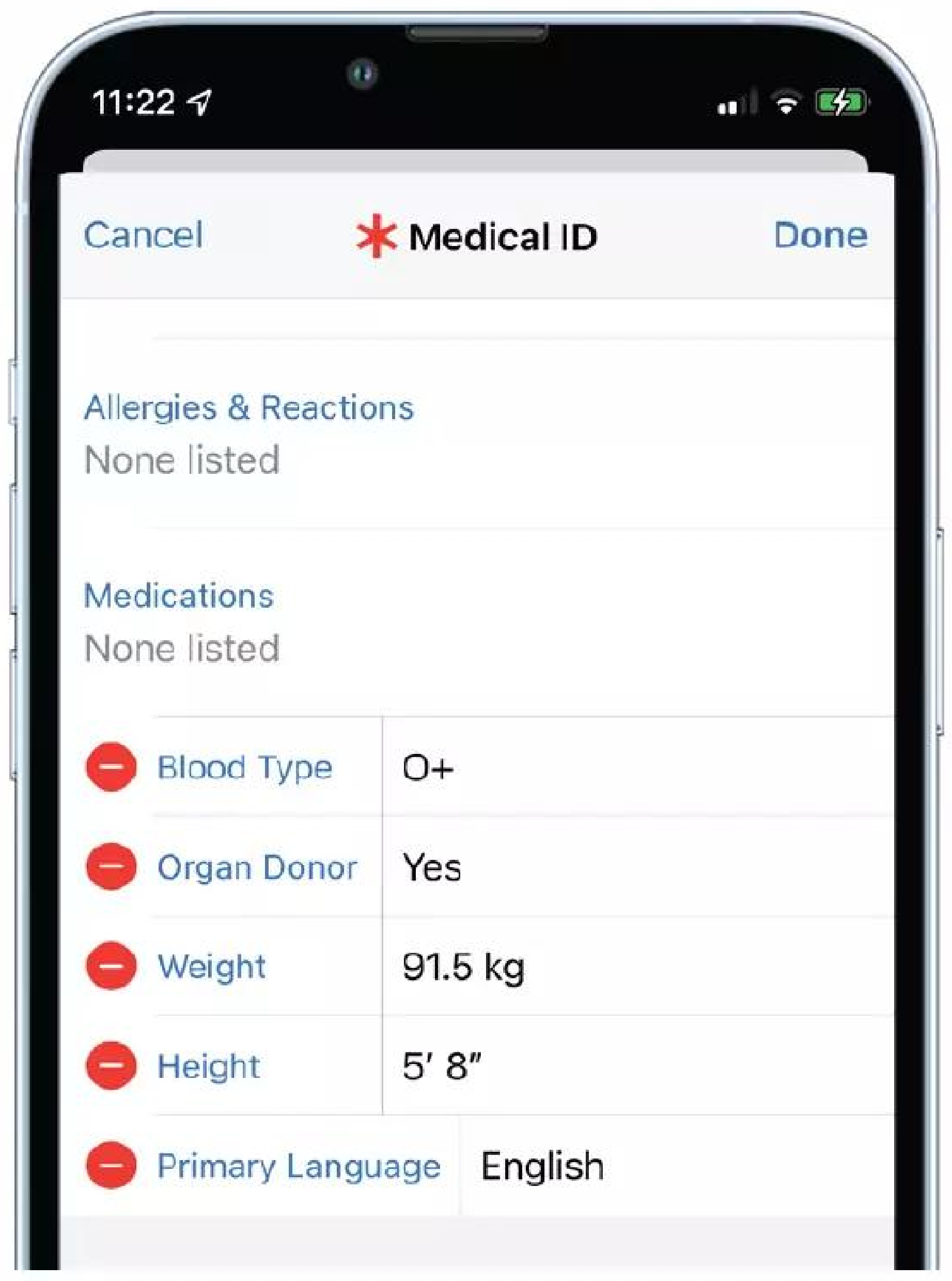
SHOW WHEN LOCKED
On

Medical ID was last updated on 8 Dec 2021 at 9:20 am.

1 To edit your Medical ID on your Apple Watch, open the Settings app, tap the Health option and then tap Medical ID. Scroll all the way to the bottom of the page, and tap the Edit Medical ID button found there.



2 Tap an option in your Medical ID, and then you can edit it. Tap Add Emergency Contact and you can add someone from your Contacts app. Scroll up and down with the Digital Crown, then tap a contact to add them.



Allergies & Reactions
None listed

Medications
None listed

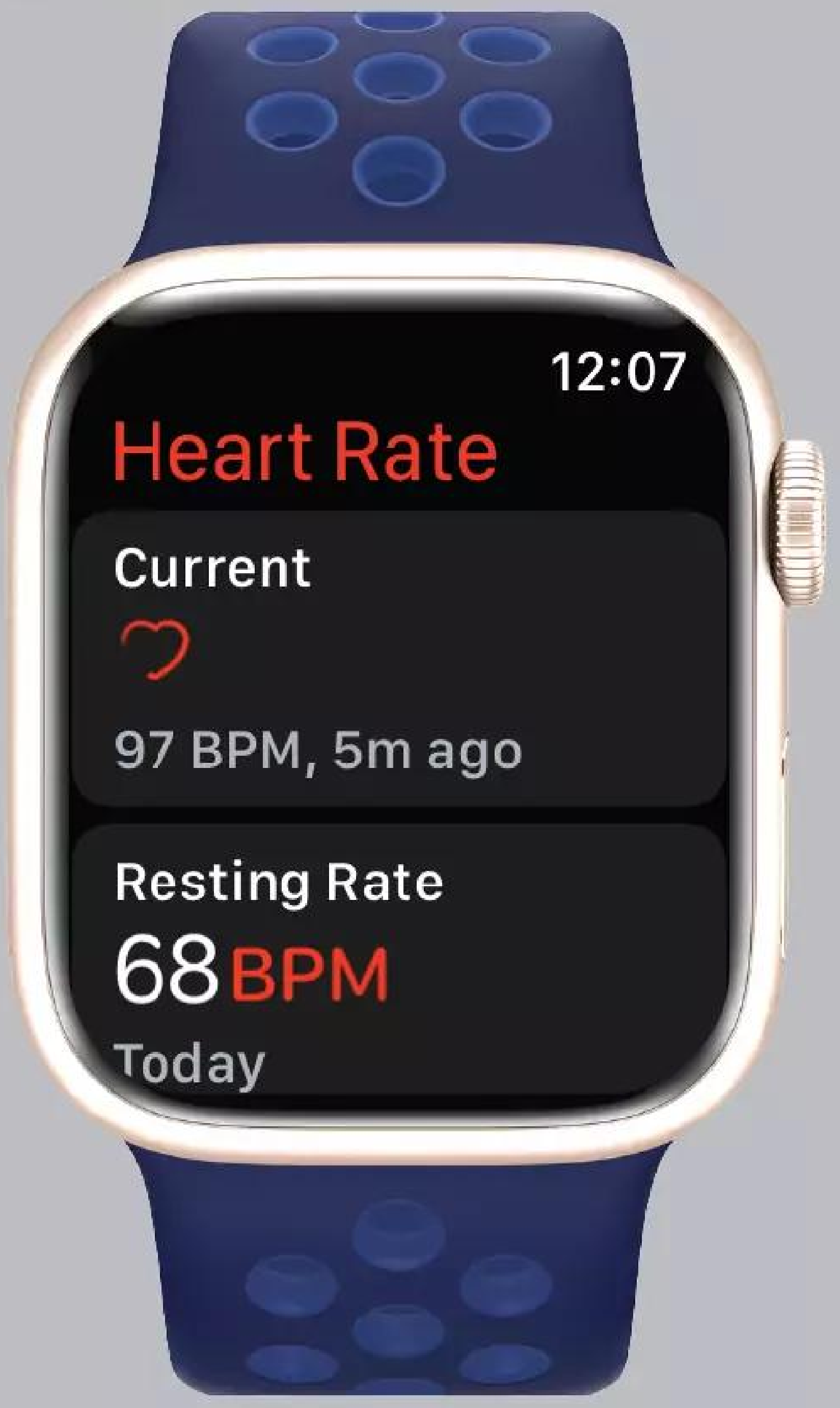
Blood Type	O+
Organ Donor	Yes
Weight	91.5 kg
Height	5′ 8″
Primary Language	English

3 On your iPhone, open the Health app and tap your icon in the top-right corner. On the next page, tap Medical ID and then Edit, top-right corner. You can then add information, including Emergency Contacts.

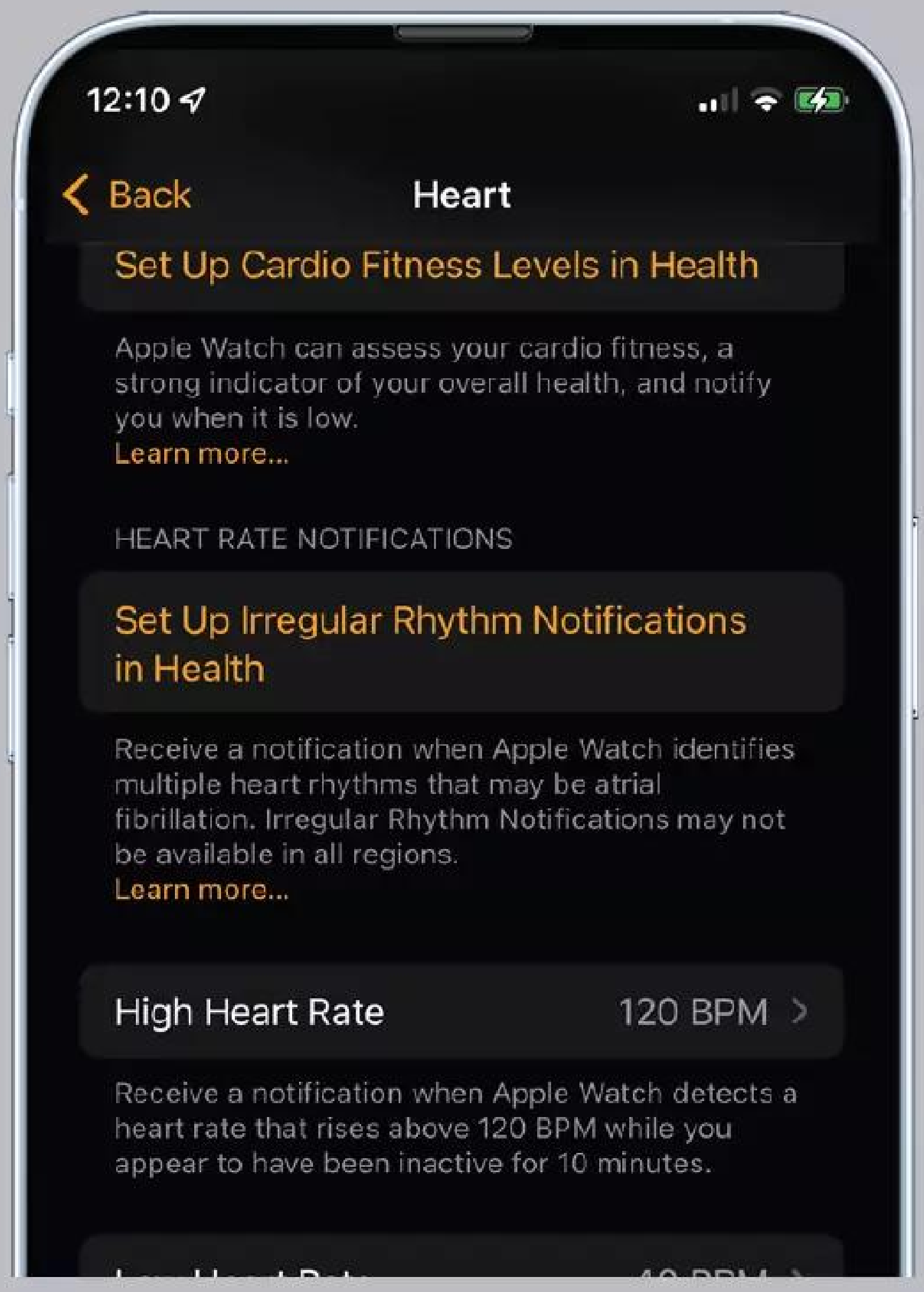
Check Your Heart

There's a trio of health apps on your Apple Watch that let you keep a check on your heart and blood: Heart Rate, ECG and Blood O_2. Here we show you how to how to access and use these useful applications.

Heart Rate



1 Open the Heart Rate app, and wait until it measures your heart rate. You're shown your current, resting and walking heart rate. Tap one of them to see more details on these measurements, taken over time.



Apple Watch can assess your cardio fitness, a strong indicator of your overall health, and notify you when it is low.
Learn more...

HEART RATE NOTIFICATIONS

Set Up Irregular Rhythm Notifications in Health

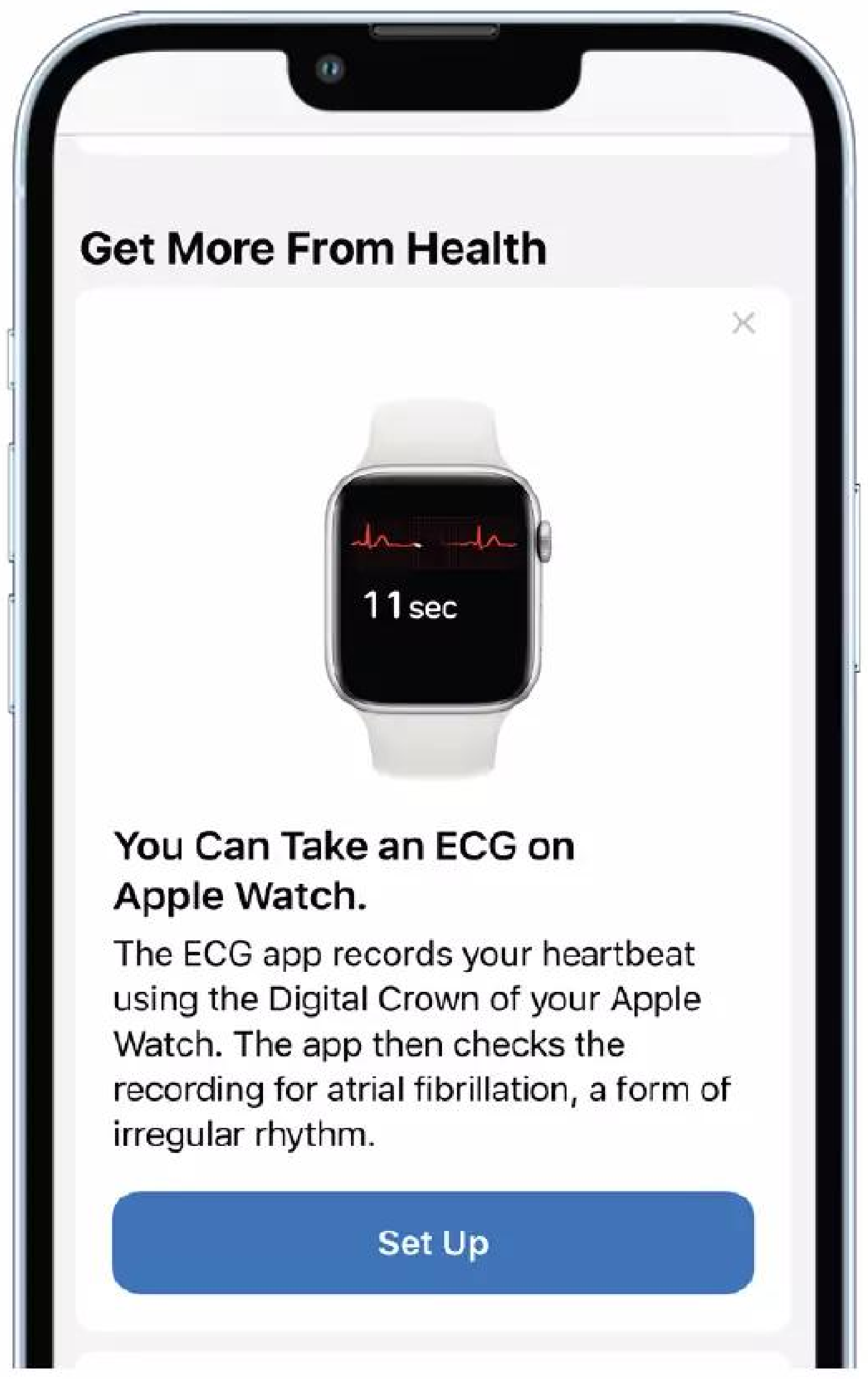
Receive a notification when Apple Watch identifies multiple heart rhythms that may be atrial fibrillation. Irregular Rhythm Notifications may not be available in all regions.
Learn more...

High Heart Rate 120 BPM

Receive a notification when Apple Watch detects a heart rate that rises above 120 BPM while you appear to have been inactive for 10 minutes.

2 On your iPhone, open Apple Watch > My Watch > Heart. Under Heart Rate Notifications, you can set a high and low heart rate and have the app send you an alert if these figures are exceeded for ten minutes.

ECG

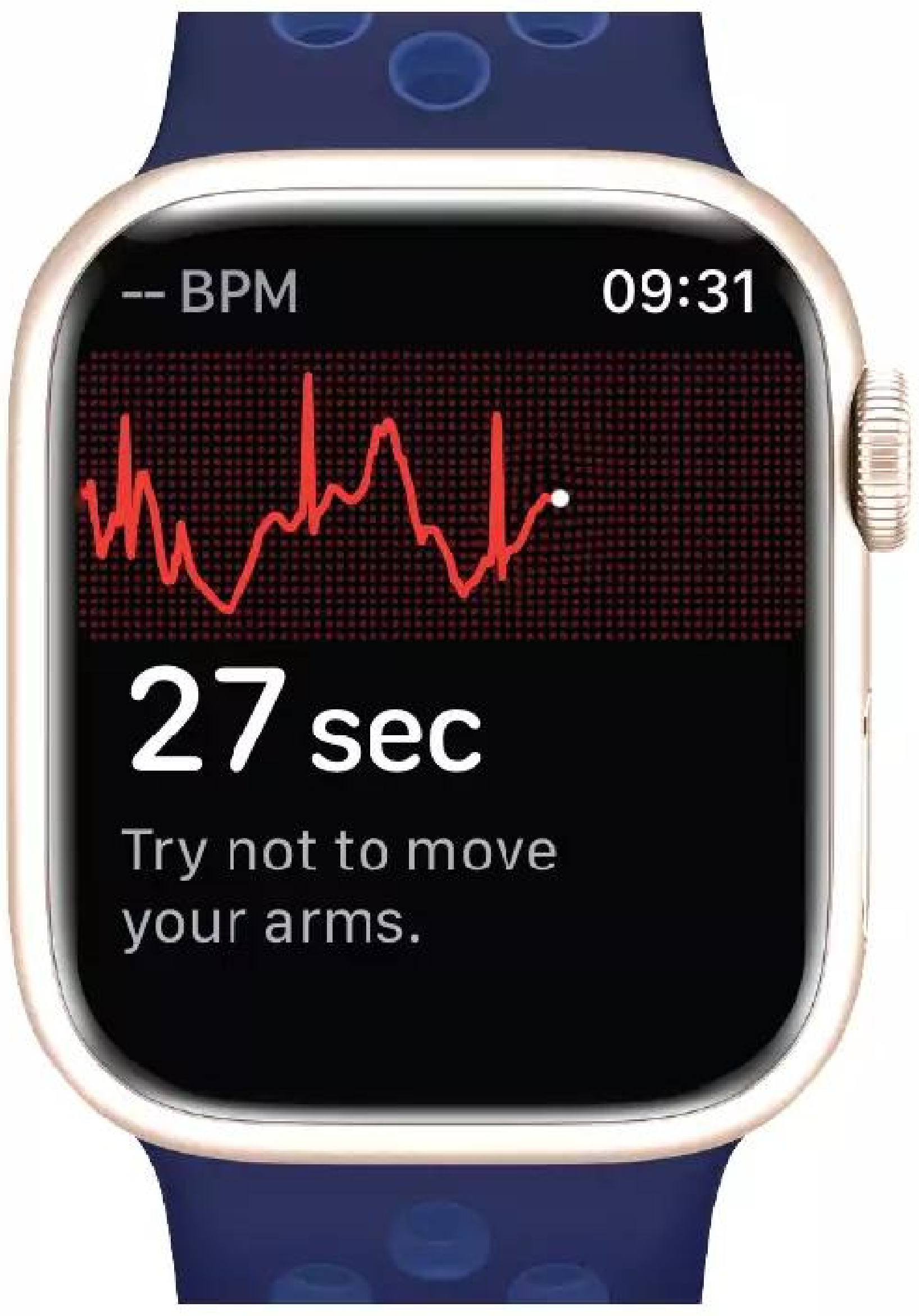


Get More From Health

You Can Take an ECG on Apple Watch.

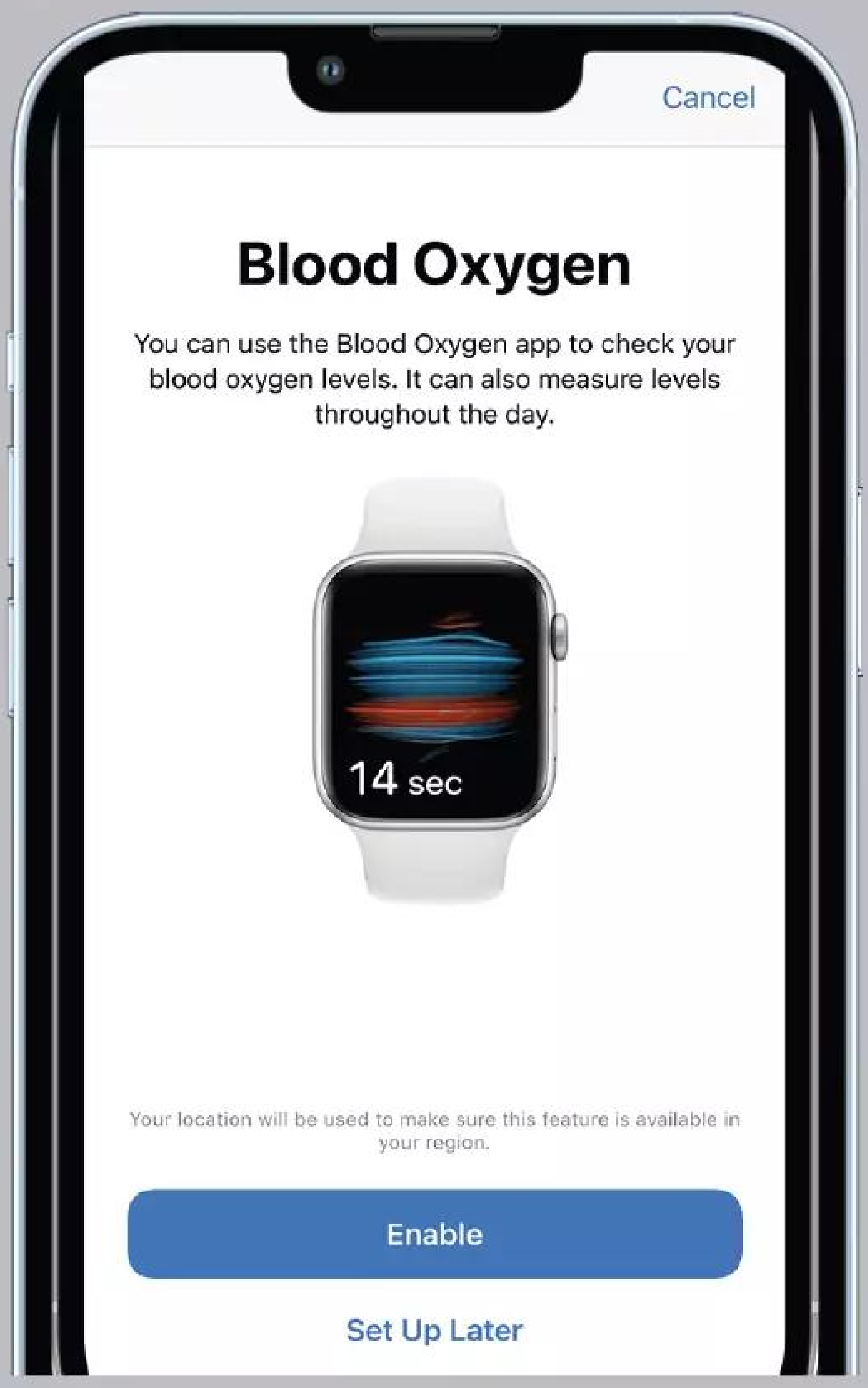
The ECG app records your heartbeat using the Digital Crown of your Apple Watch. The app then checks the recording for atrial fibrillation, a form of irregular rhythm.

1 You can take an electrocardiogram (ECG) on your Apple Watch. First open Health on your iPhone, and under the Summary tab, scroll down to the section on ECGs. Tap Set Up, and follow the on-screen instructions.



2 When set-up is complete, open the ECG app on your watch, and hold your finger on the Digital Crown for 30 seconds without pressing it. Your ECG is recorded, and its results are available on your watch and iPhone.

Blood O_2

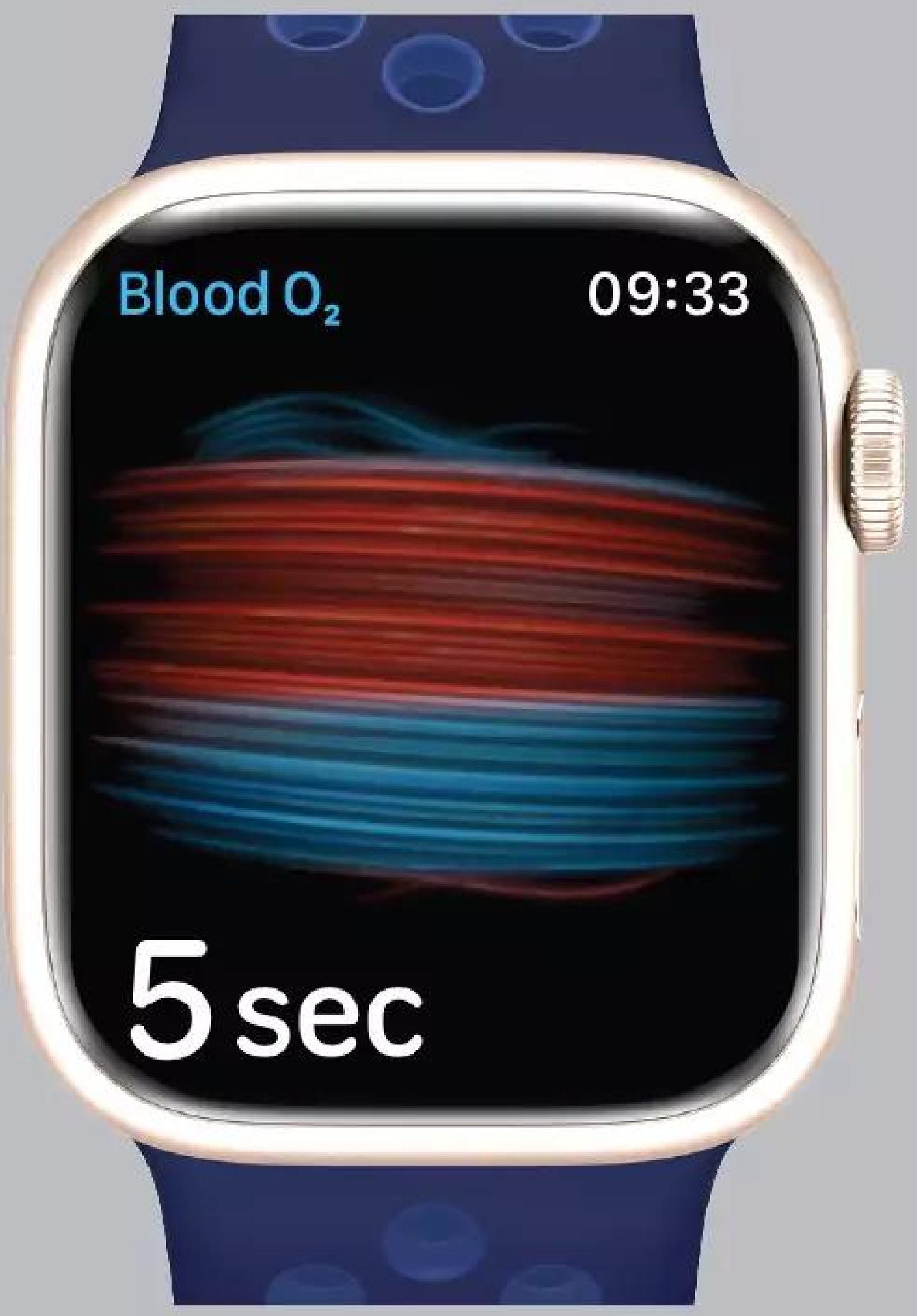


Blood Oxygen

You can use the Blood Oxygen app to check your blood oxygen levels. It can also measure levels throughout the day.

Your location will be used to make sure this feature is available in your region.

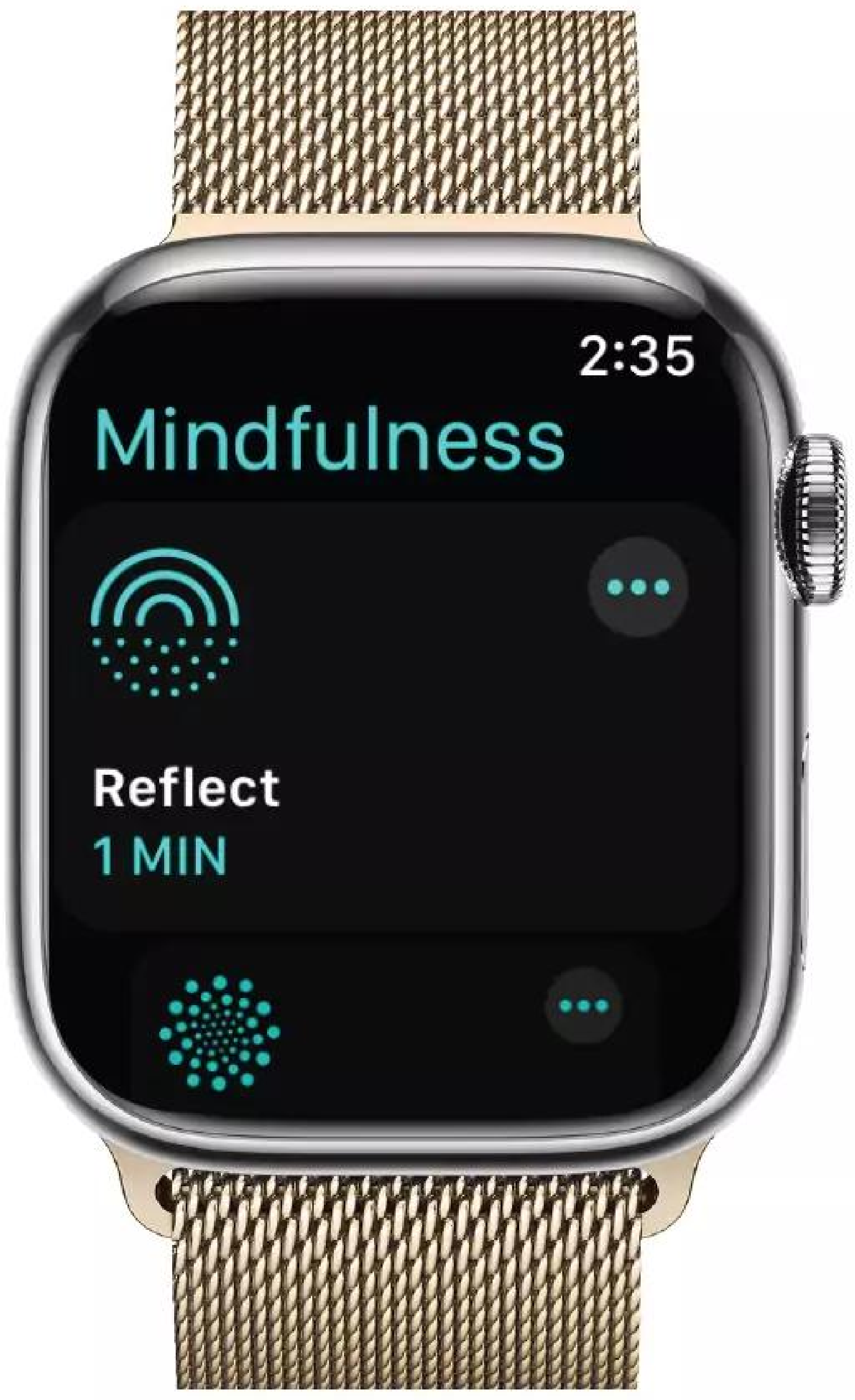
1 Apple Watch Series 6 and 7 can measure blood oxygen levels. On your iPhone, go to Health > Browse tab > Respiratory > Blood Oxygen, and tap Enable. Follow the on-screen instructions to set it up.



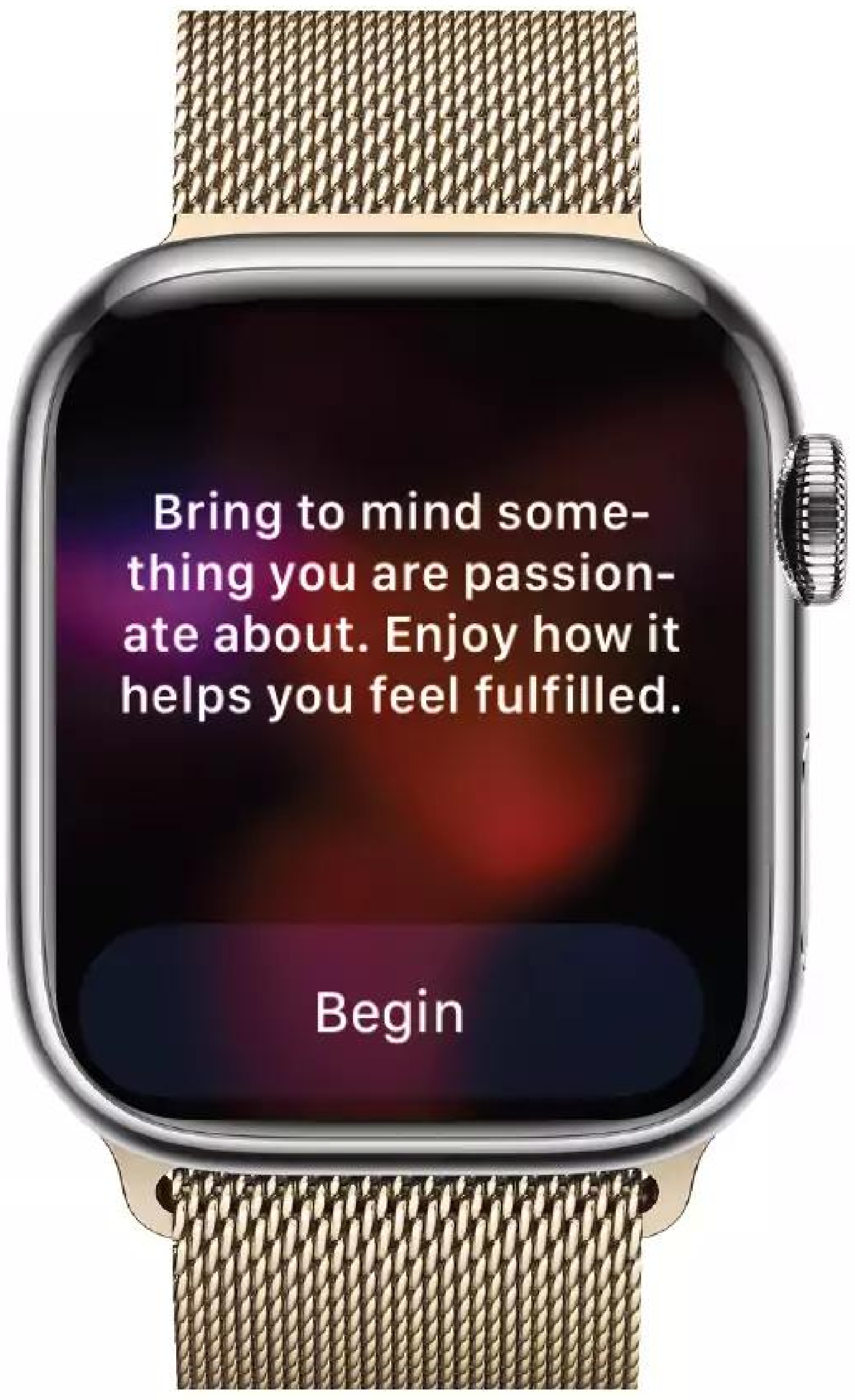
2 On your watch, open the Blood O_2 app and tap Start. Keep your wrist straight while the timer counts down from 15 seconds. You're then given your blood oxygen rating. You can review your readings in the iPhone's Health app.

Mindfulness

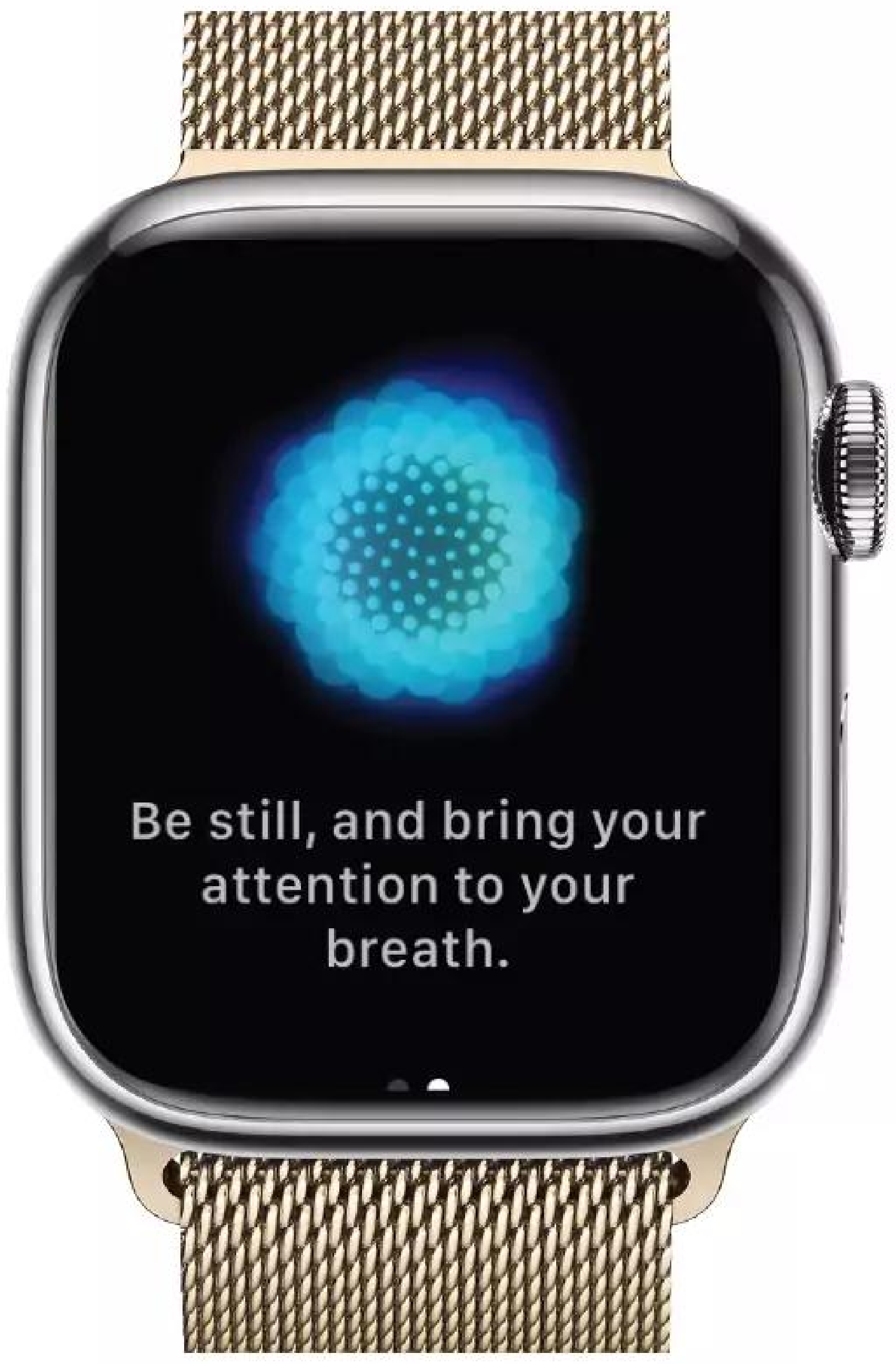
The Mindfulness app gives you the chance to 'focus, connect and centre as you breathe'. Here's how to make the most of it.


2:35
Mindfulness
Reflect
1 MIN

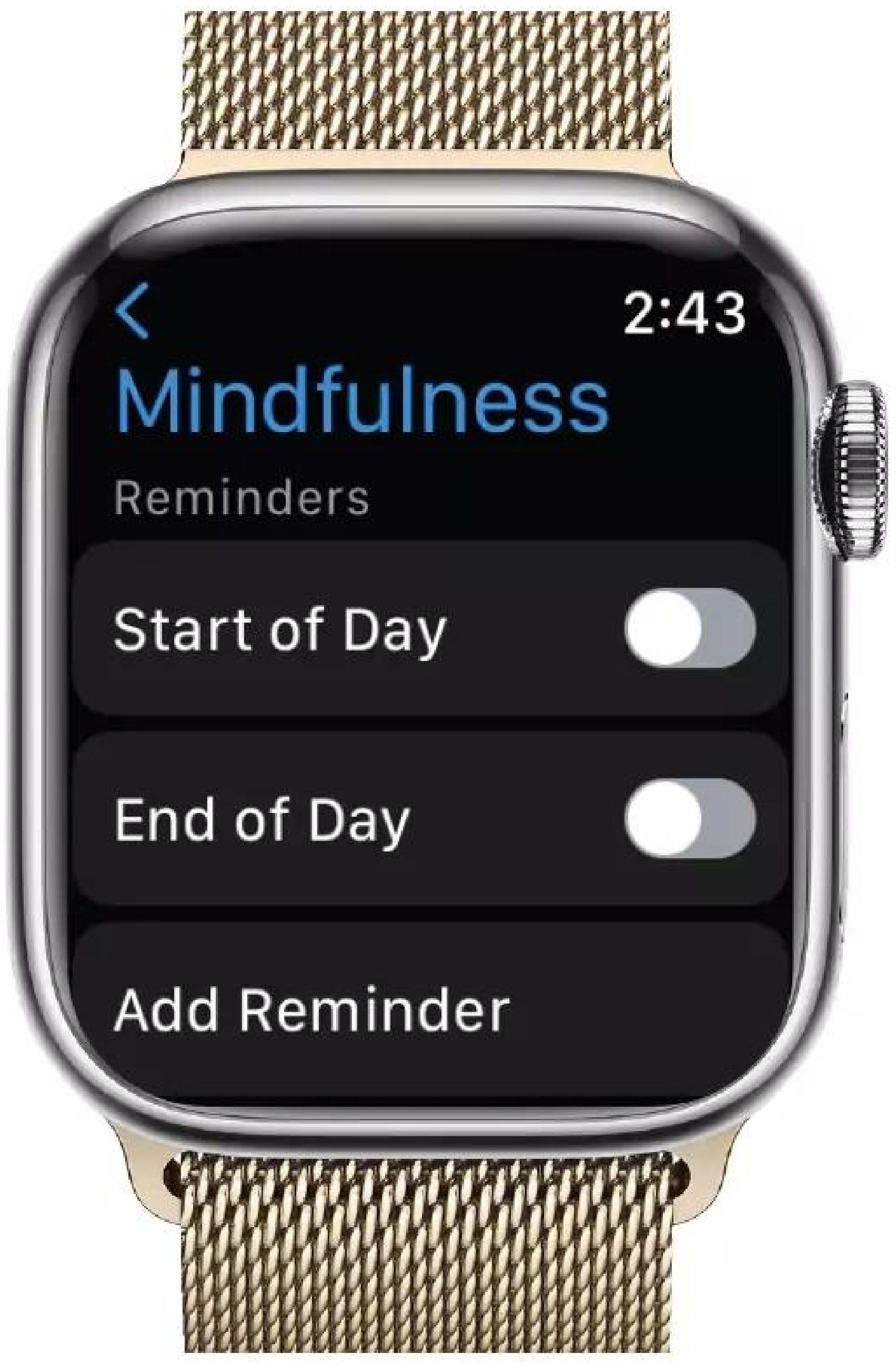
1 Open the app, and you're offered two options; Reflect and Breathe. Tap the three-dots icon next to one of them to read tips on using the feature. Tap Duration at the top of these tips to change how long it takes.


Bring to mind something you are passionate about. Enjoy how it helps you feel fulfilled.

2 Choose the Reflect option, and it gives you something to think about before showing a beautiful pattern on the screen. If you want to end the session before the set duration is met, swipe right and tap End.

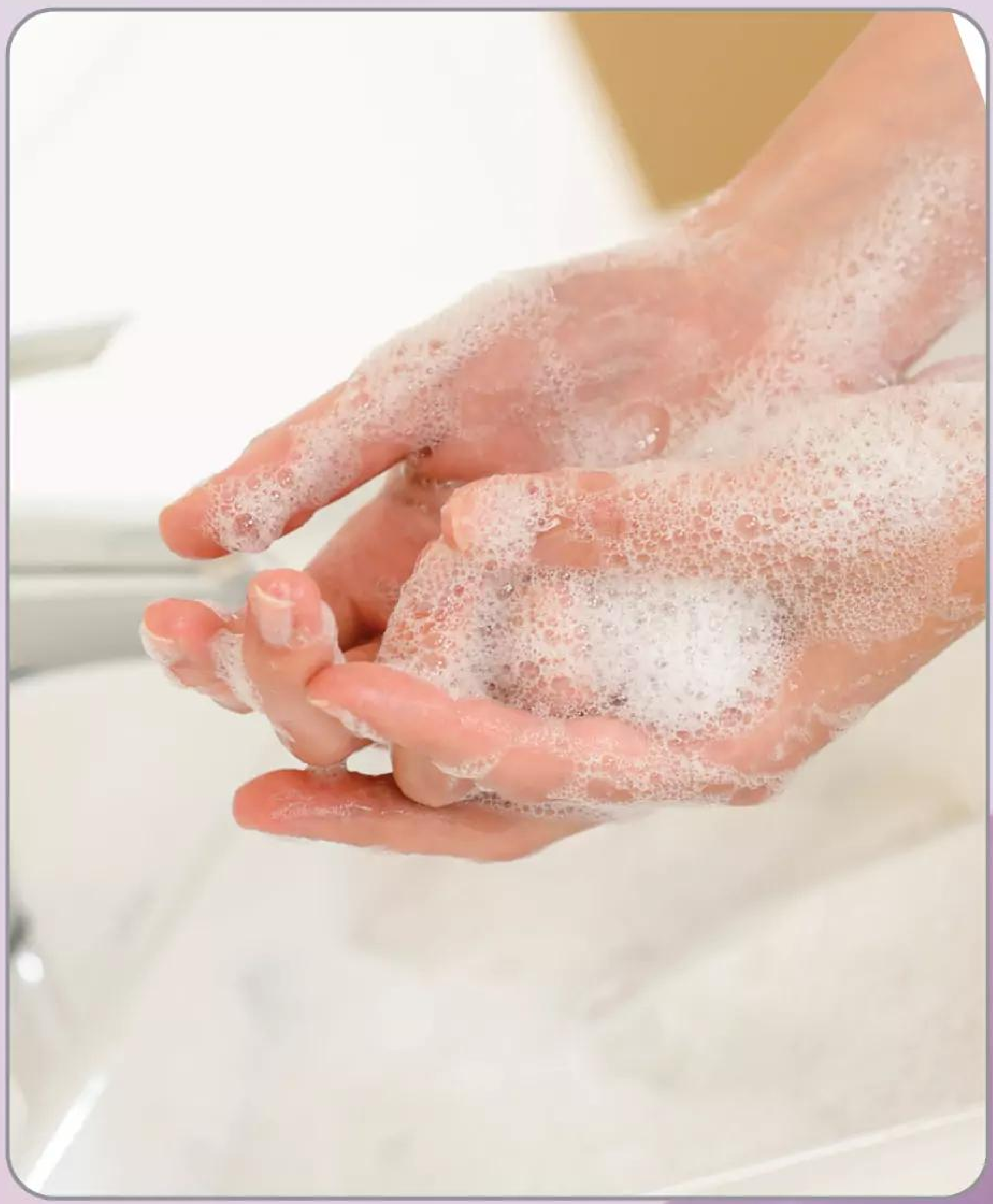

Be still, and bring your attention to your breath.

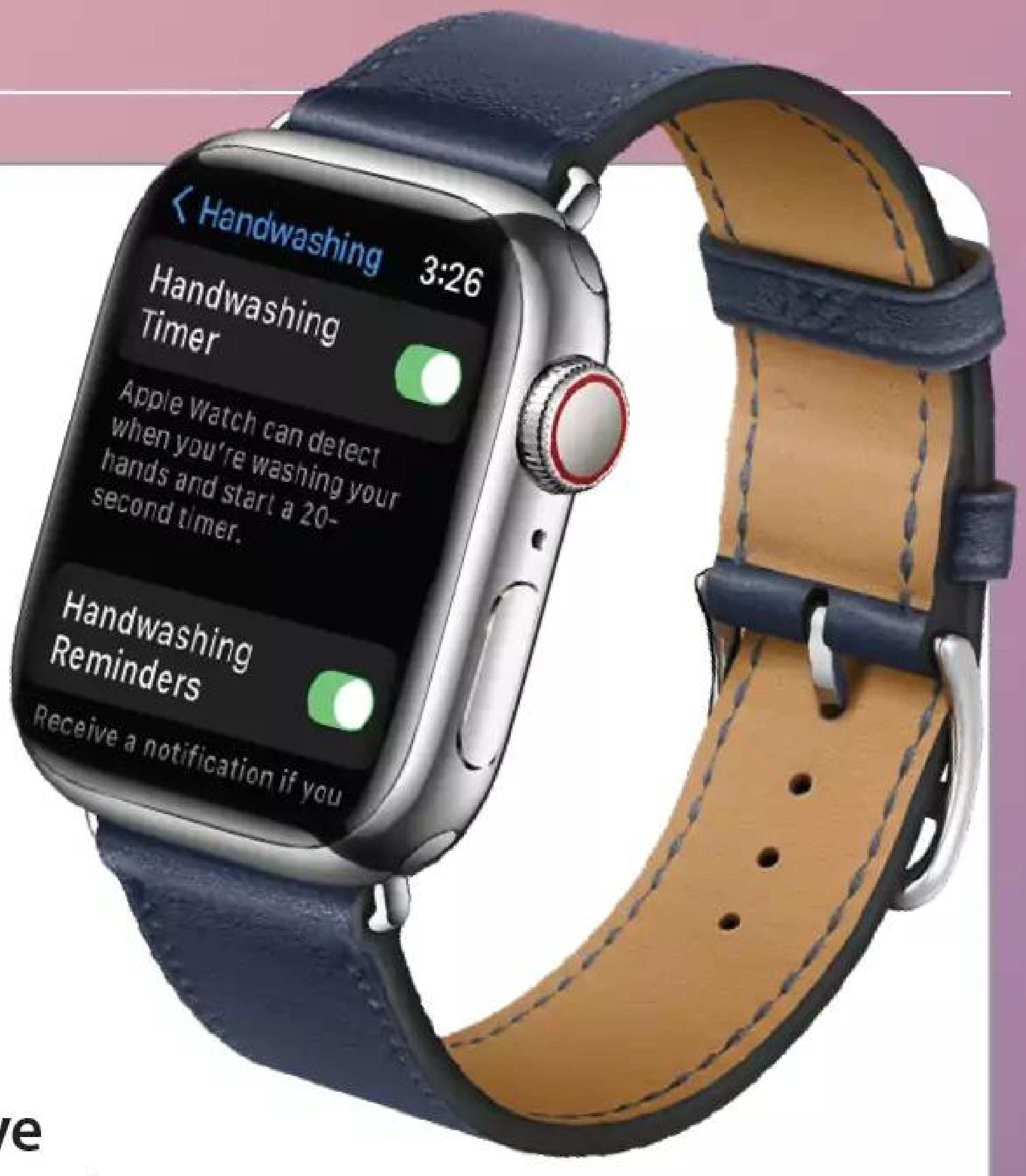
3 Choose the Breathe option and focus your breathing in time with the pattern on the screen as it grows and shrinks. Again, swipe right and tap End to finish early. If you use the Breathe watch face, tap it to start a session.


2:43
Mindfulness
Reminders
Start of Day ○
End of Day ○

4 Go to Settings > Mindfulness to set up reminders, get a notification of your weekly summary, mute these reminders for a day and more. With Apple Fitness+, you can listen to guided Meditations on Apple Watch.

Handwashing

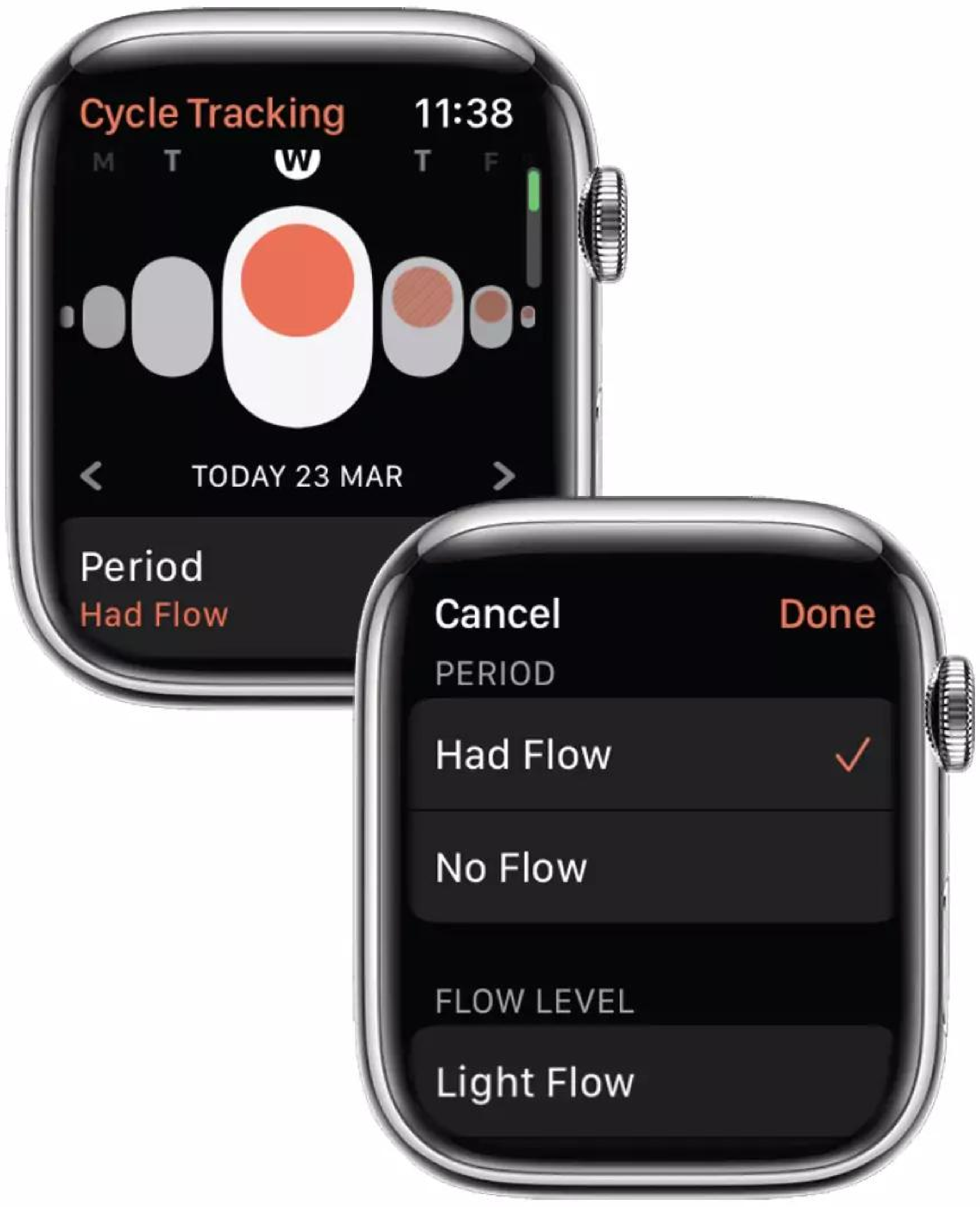



Handwashing
3:26
Handwashing Timer
Apple Watch can detect when you're washing your hands and start a 20-second timer.
Handwashing Reminders
Receive a notification if you

During the global pandemic, washing your hands was extremely important in stopping germs spreading. That's why the Apple Watch has a Handwashing feature that helps you make sure you've washed for long enough.

Open the Settings app, and scroll down to the Handwashing option. Turn on the Handwashing timer and when the watch detects that your washing your hands, it starts a 20-second timer. Further down this page is another switch labelled Handwashing Reminders. If you turn this on, your watch detects when you've returned home and reminds you to wash your hands if you haven't done so within a minute or two of arriving. Obviously, you have to allow it to use your location for this to work; just agree to do so when asked.

Cycle Tracking

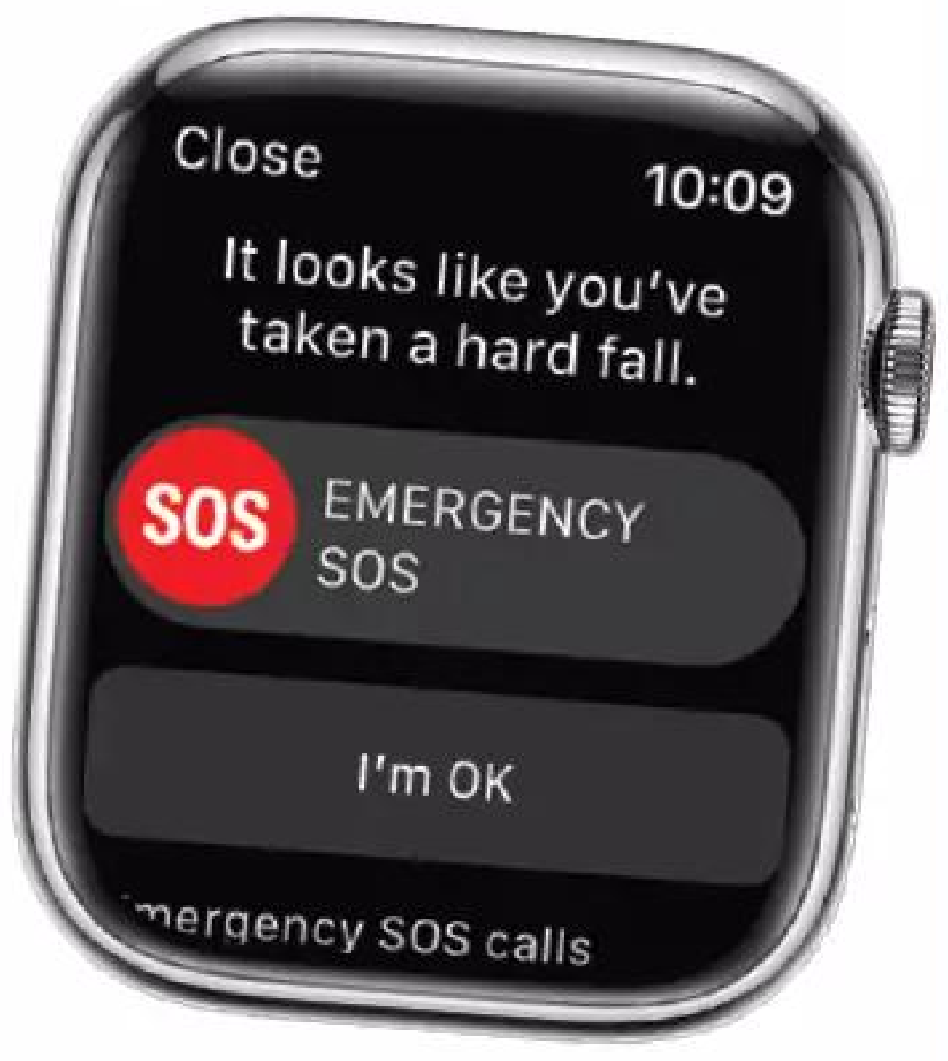

Cycle Tracking
11:38
M
T
W
T
F
TODAY 23 MAR
Period
Had Flow
Cancel
Done
PERIOD
Had Flow
No Flow
FLOW LEVEL
Light Flow

The Cycle Tracking app is designed to help people who menstruate to log details of their menstrual cycle, identifying on which days they were menstruating, how heavy the flow and whether they suffered symptoms associated with menstrual and pre-menstrual conditions such as headaches and cramps. When the app has been used for a few months, it can predict the start of the next period, and when the person's next fertile window is about to start. Using the app is simple enough – just open it on your Apple Watch and follow the on-screen instructions to add data. Tap Options and you can turn individual options on and off, such as Period Predictions, Fertility Predictions, and Heart Rate Data.

Cancel
SYMPTOMS
Done
Abdominal Cramps
Acne
Appetite Changes
Bladder Incontinence

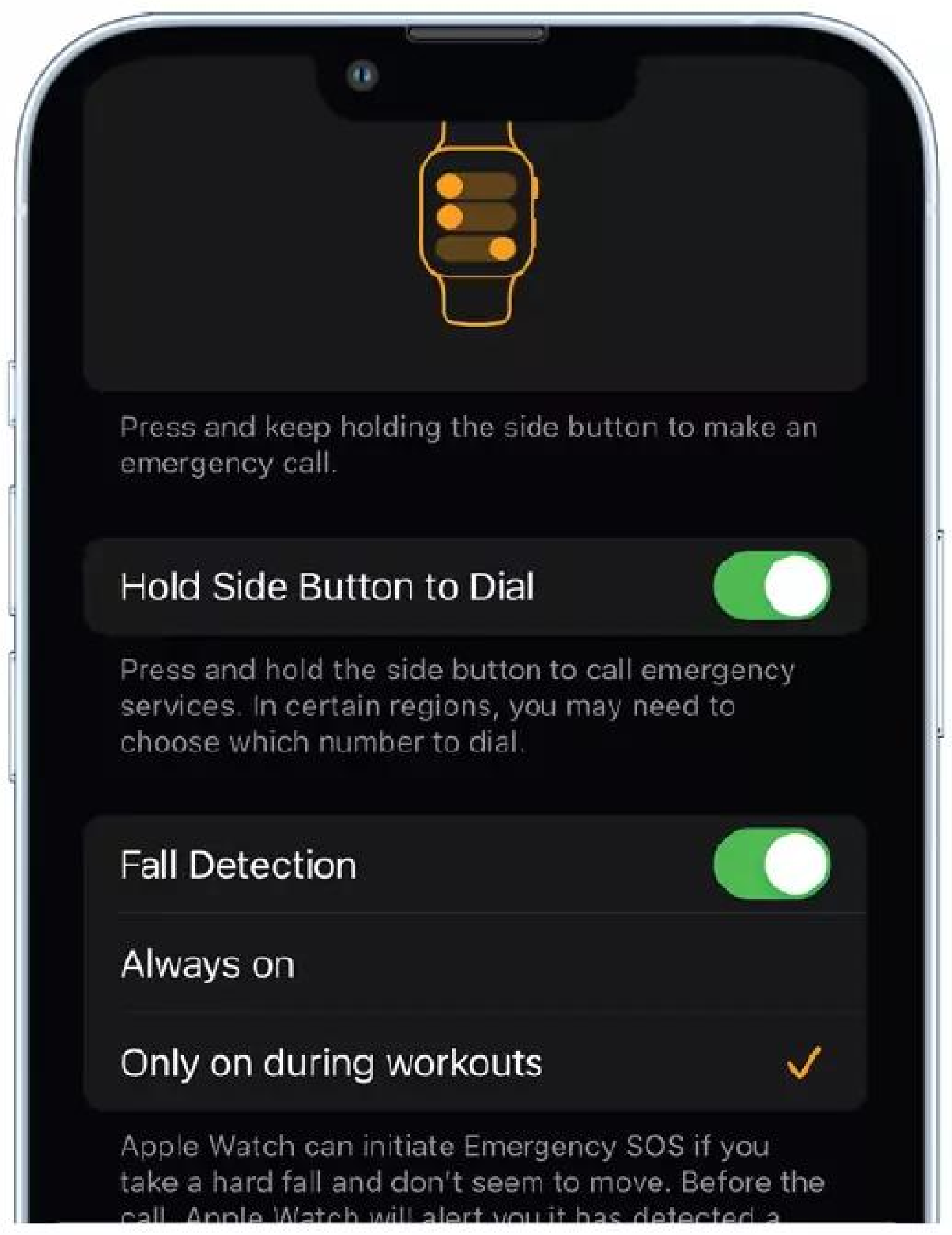
Fall Detection

Using Fall Detection


Close
10:09
It looks like you've taken a hard fall.
SOS EMERGENCY SOS
I'm OK
mergency SOS calls

If you own an Apple Watch SE or Apple Watch Series 4 or later, it can detect if you've taken a nasty tumble. A haptic gives you a little buzz on the wrist, an alarm sounds and a message on the watch face asks if you want to call the emergency services. If you do, swipe the Emergency SOS switch. If not, tap the 'I'm OK' button. Should you remain immobile after a fall for around a minute, a 30-second countdown begins, during which it buzzes your wrist and an alert sounds, which increases in volume. Tap Cancel to stop the countdown. If you don't, your Apple Watch automatically calls the emergency services and messages your emergency contacts (from your Medical ID), with your location. Falls are recorded in your Health app on your iPhone, unless you tap the option saying you didn't fall after all (a false positive).

Turning Fall Detection On and Off


Press and keep holding the side button to make an emergency call.

Hold Side Button to Dial ●

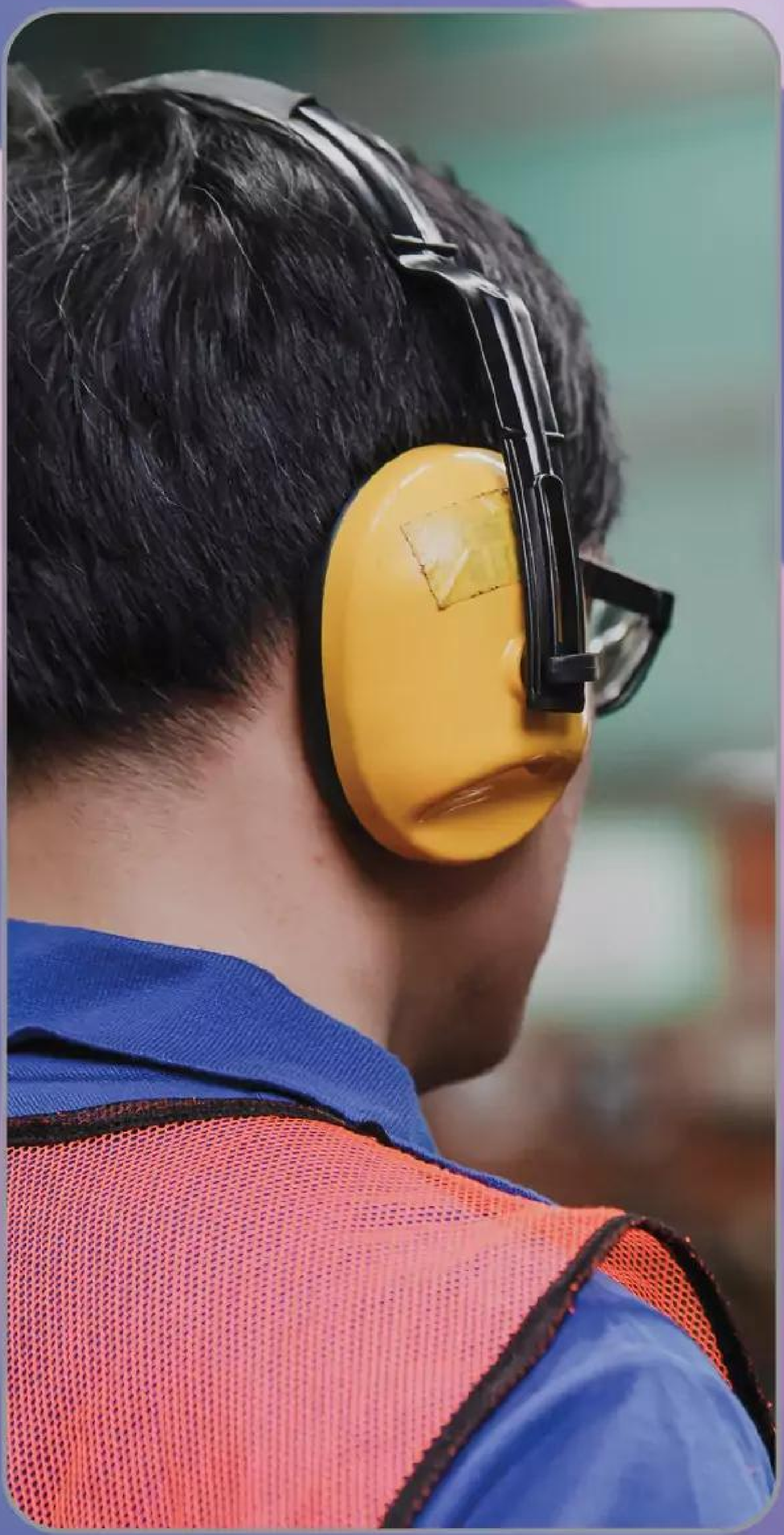
Press and hold the side button to call emergency services. In certain regions, you may need to choose which number to dial.

Fall Detection ●
Always on
Only on during workouts ✓

Apple Watch can initiate Emergency SOS if you take a hard fall and don't seem to move. Before the call, Apple Watch will alert you it has detected a

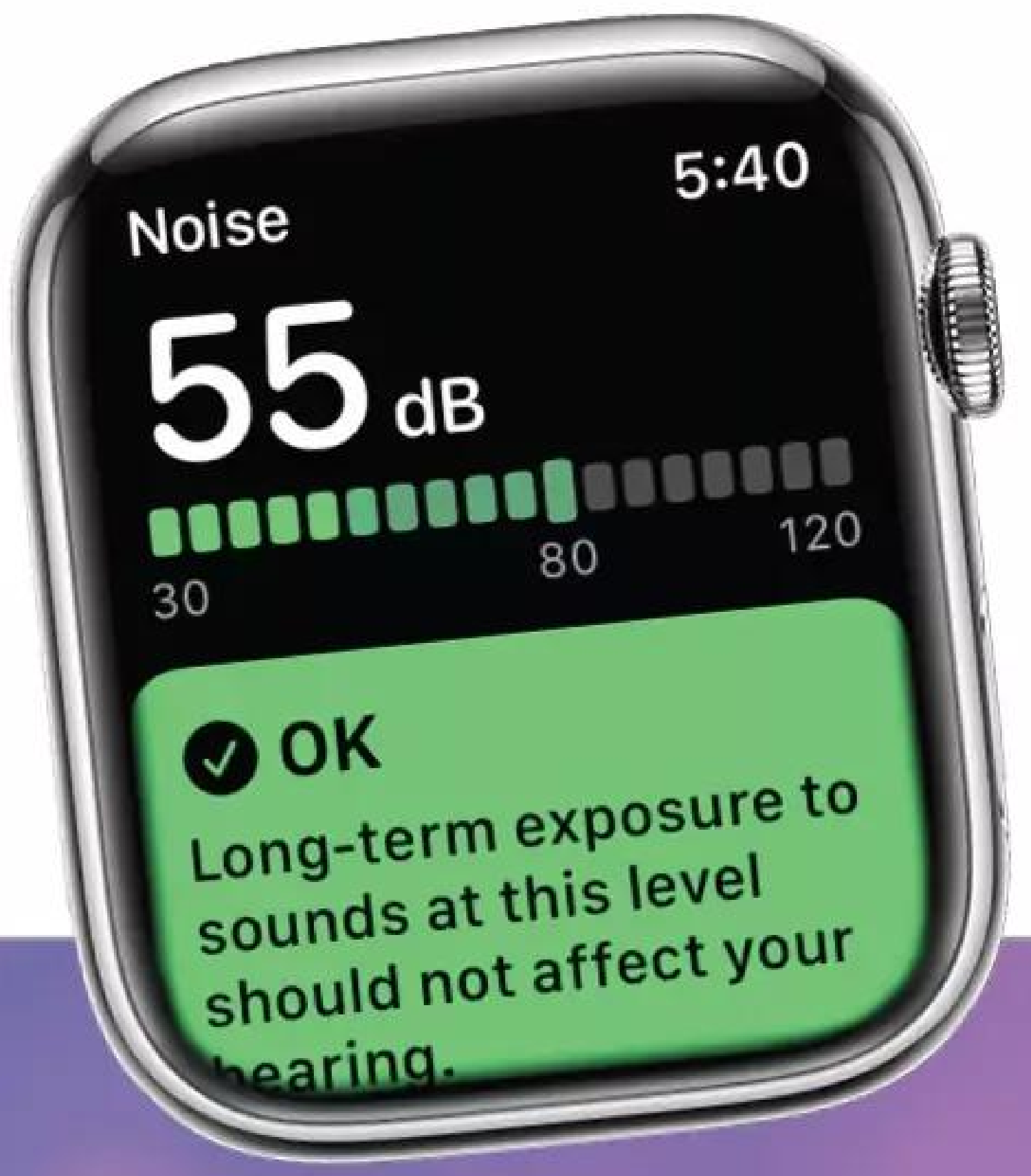
To turn off Fall Detection, on your iPhone, open the Watch app and tap the My Watch tab. Scroll down the page to the Emergency SOS section and tap it. Tap the Fall Detection switch to turn it on and off, and with it on, decide whether it should always be on or only during workouts.

Too Loud?



The Noise App

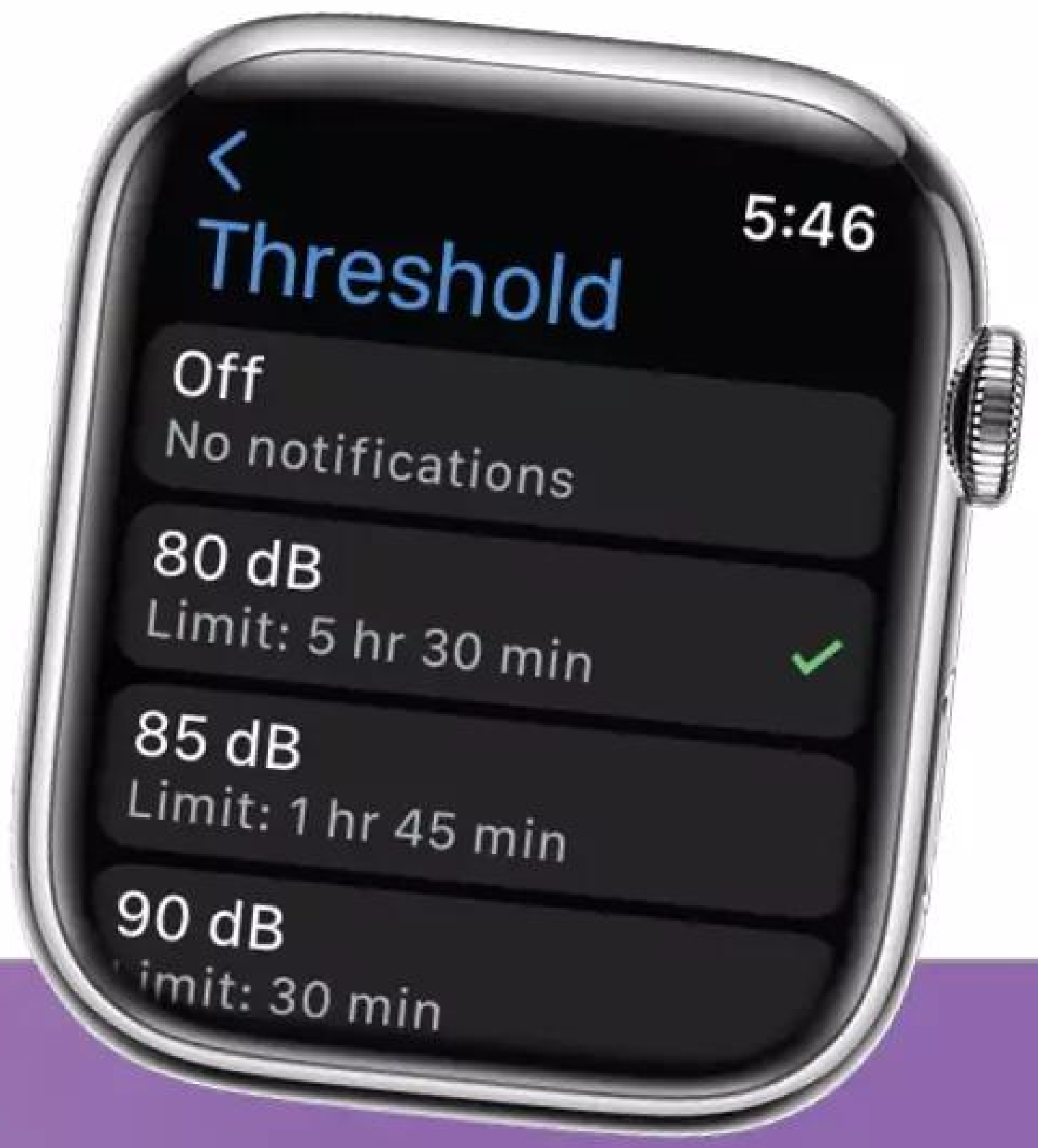
If you're worried your environment is too noisy and it might damage your hearing, open the Noise app on your Apple Watch. The first time you do it, the environmental sound measurements are off; tap the Open Settings button and then the Environmental Sound Measurements option. On the next screen, tap the switch marked Measure Sounds to turn on the service. With the Environmental Sound Measurements option on, when you open the Noise App it shows you how loud the ambient sounds are in your current whereabouts, and whether this should be a matter for concern. Scroll up and tap Learn More, for information on decibel levels and their potential for damaging your hearing.


Noise
5:40
55 dB

✓ OK
Long-term exposure to sounds at this level should not affect your hearing.

Threshold Notifications

You can have the Apple Watch give you notifications if environmental noise reaches a certain level. Open the Settings app and tap the Noise option. You can turn off the feature again by tapping Environmental Sound Measurements and tapping the Measure Sounds switch. Alternatively, if you tap the Noise Notifications option, you can set how loud the sound has to be before you get a notification. Choose from turning notifications off altogether, or have them set at a noise level between 80 and 100 decibels. On this screen, you're also shown how long you can safely spend in an environment where the sound reaches these levels.

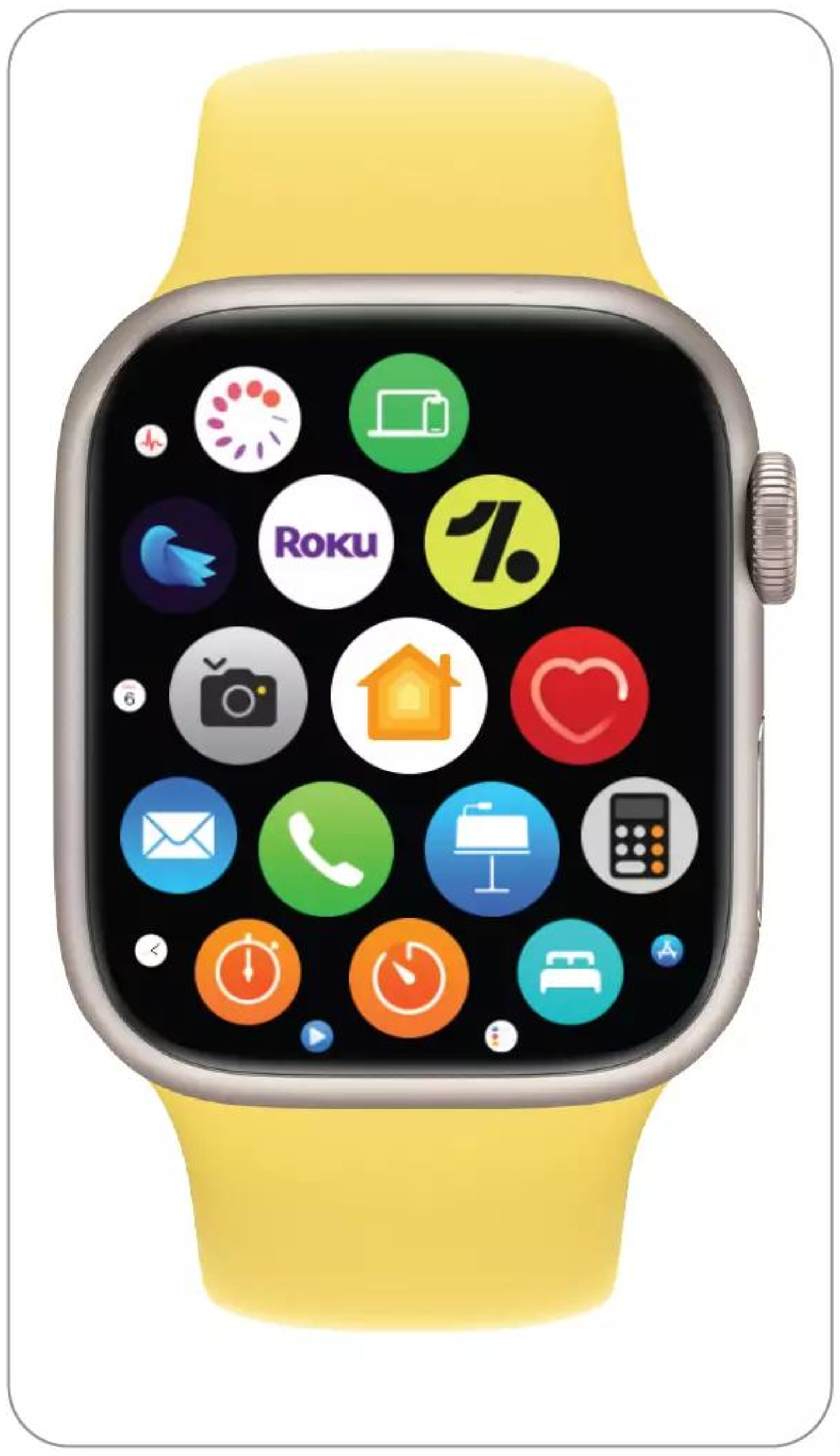

Threshold
5:46
Off
No notifications
80 dB
Limit: 5 hr 30 min ✓
85 dB
Limit: 1 hr 45 min
90 dB
imit: 30 min

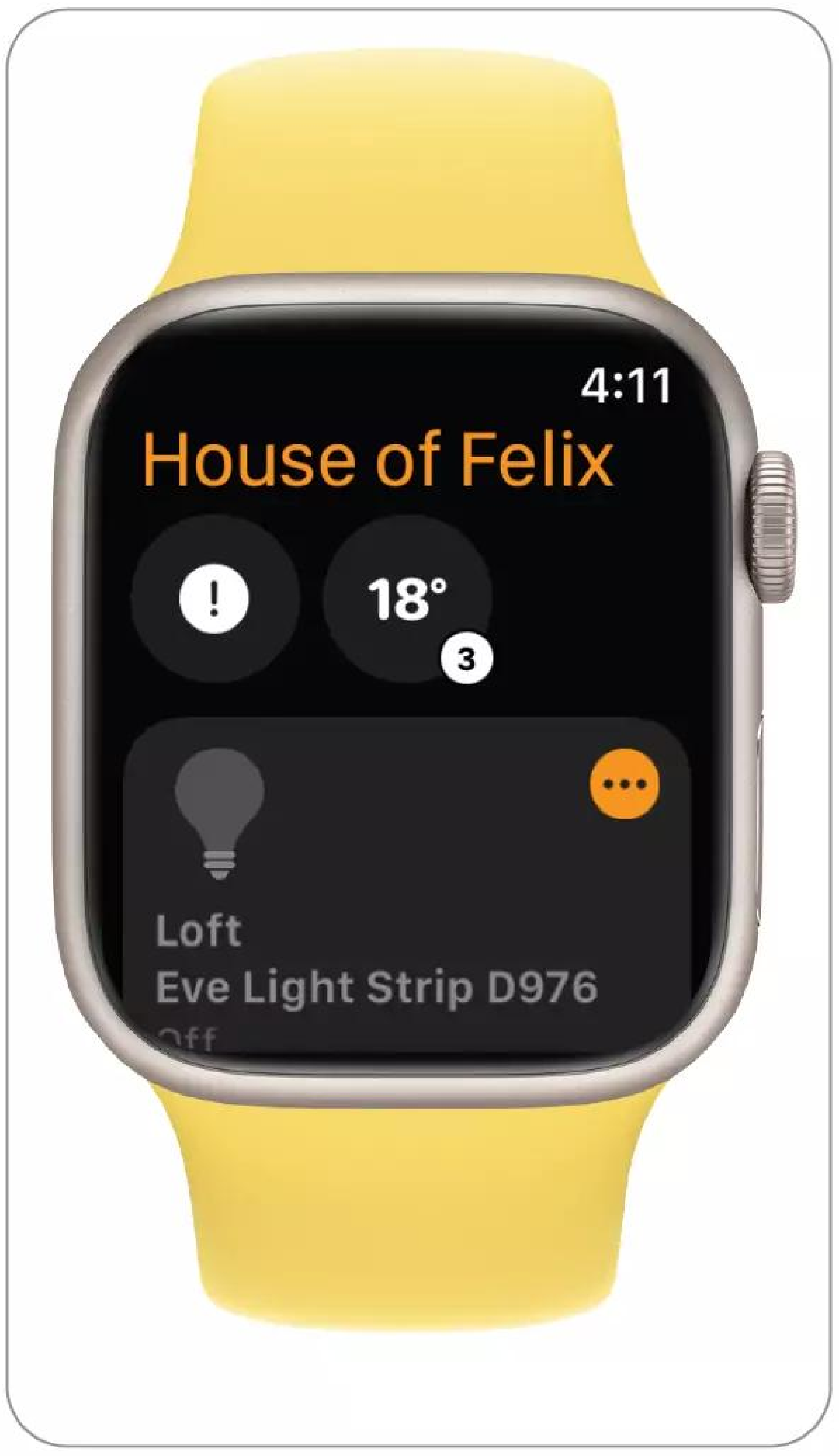
Controlling Home Gadgets

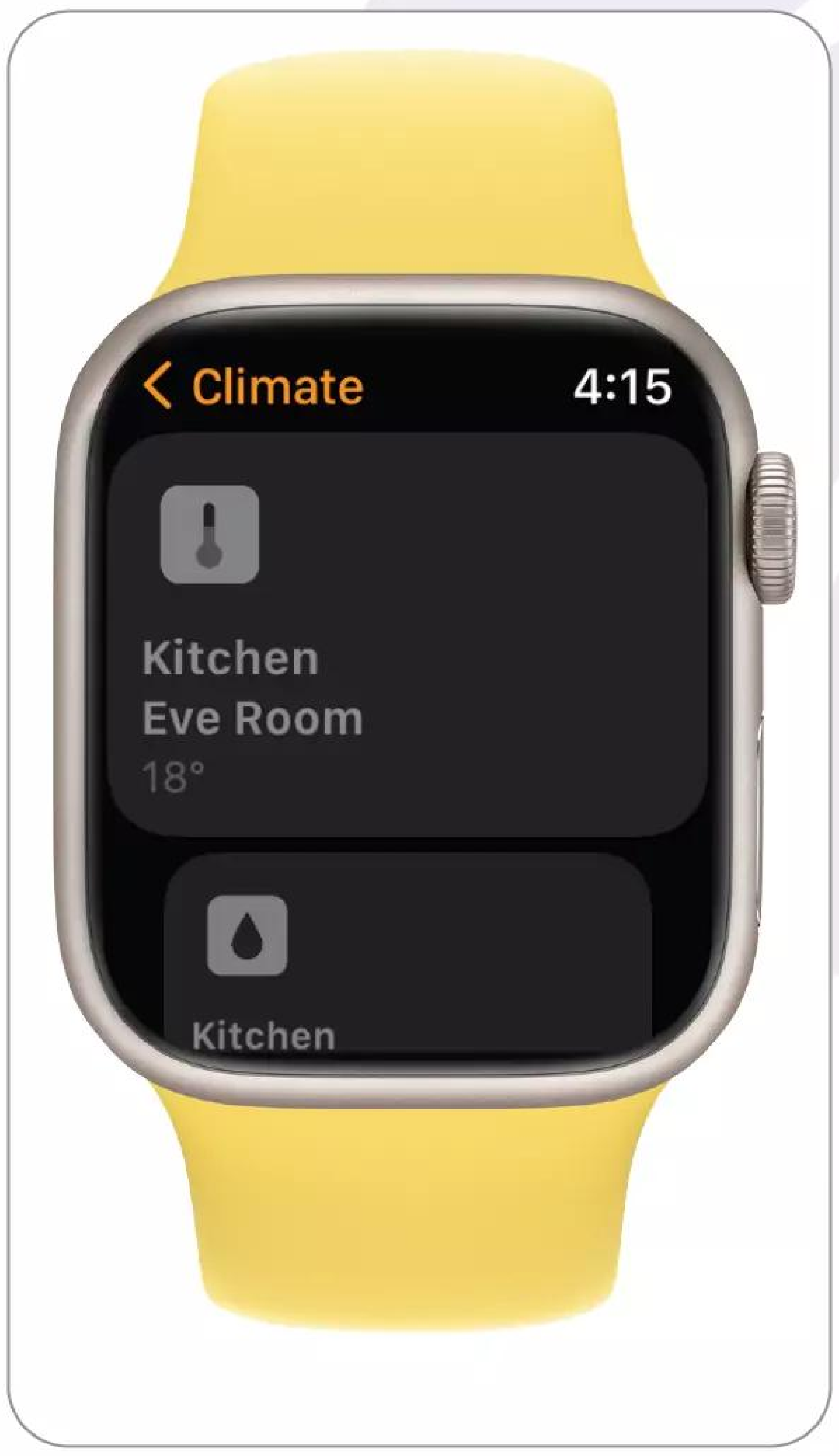
On your iPhone, the Home app can help you control your various HomeKit-compatible smart home gadgets, such as cameras, lights, locks, thermostats and more. The Home app has an Apple Watch app too, so you can control these things directly from your wrist, as soon as you've set up your home on your iPhone.

Gleaning Information

Apple Watch's Home app gives quick and easy access to your HomeKit devices, but not all controls can be used on the watch. It also learns from what you do and brings the most-used devices to the fore.







1 Open the Home app on your Apple Watch. It's not hard to find. The icon is exactly the same as the Home app on your iPhone; an orange house on a white background.

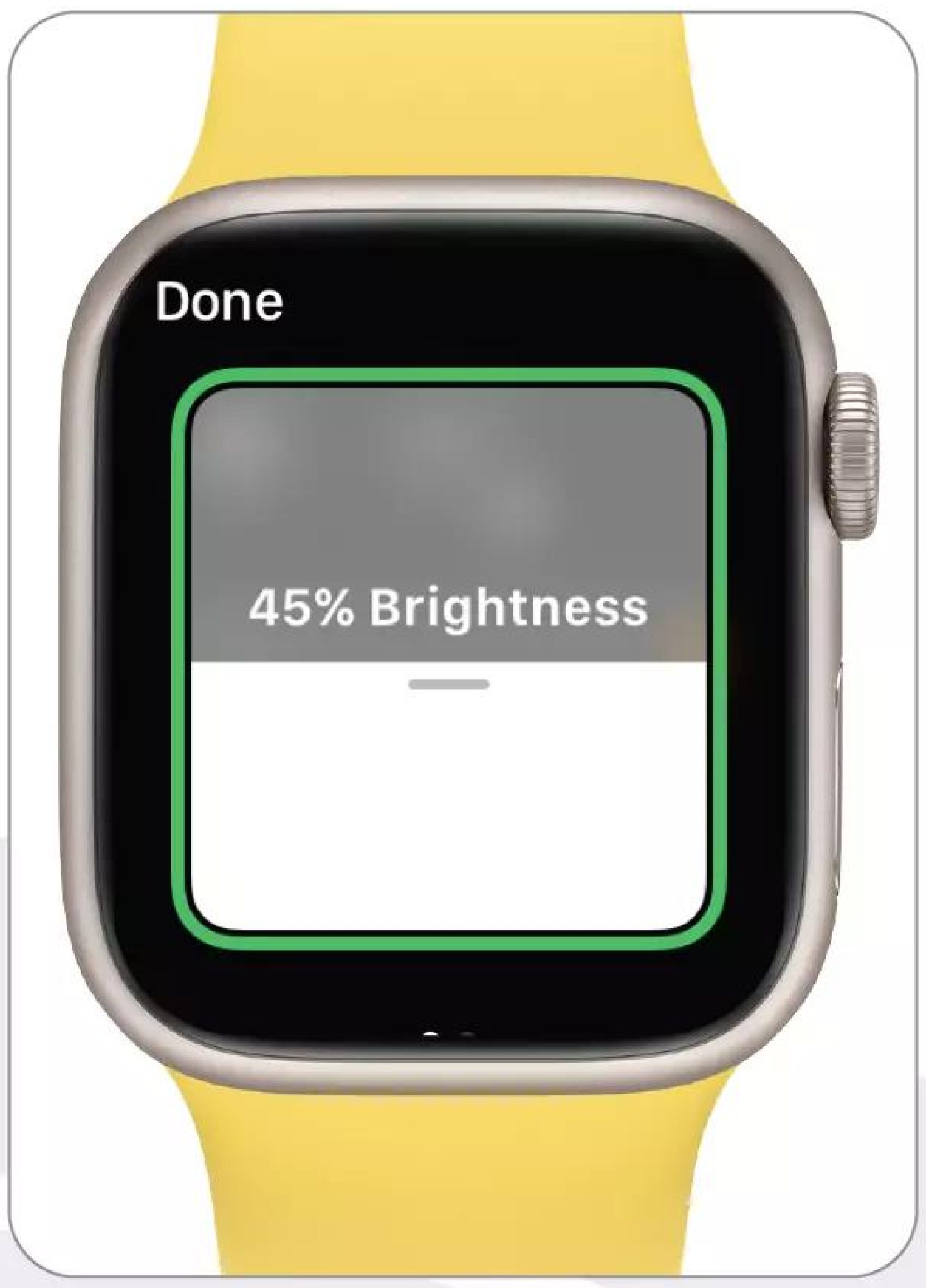
2 The round buttons found underneath the name of your home are information buttons. The exclamation mark tells you about devices that are not giving a response and more.

3 Another example of an information button is the one that links to a climate device; giving temperature, humidity and more. Tap the button to access this information.

Using HomeKit Devices

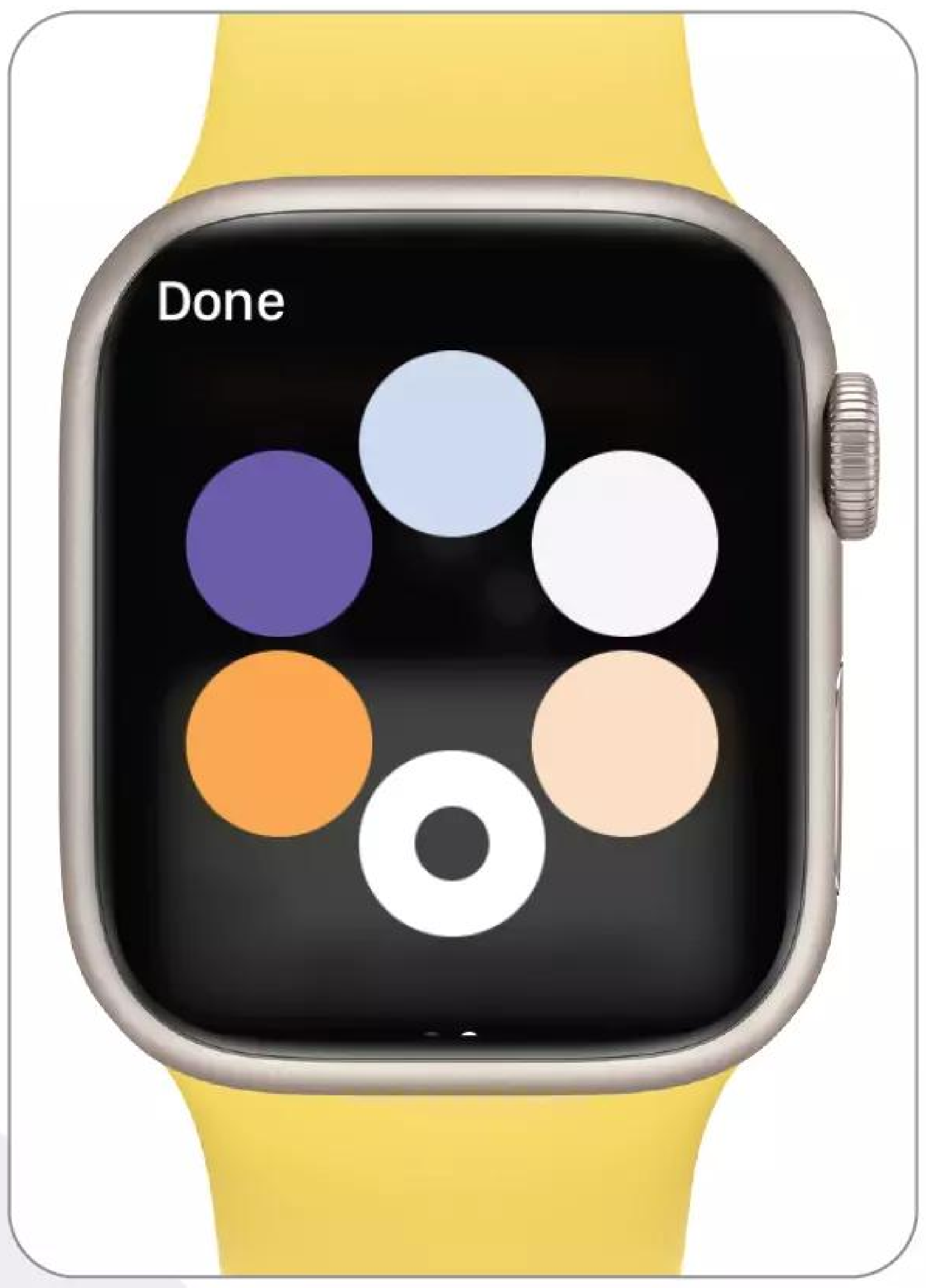
How you use the Home app on your Apple Watch greatly depends on what individual devices you have set up. Here's a short guide to some individual appliances and how they work.

Lights – Brightness



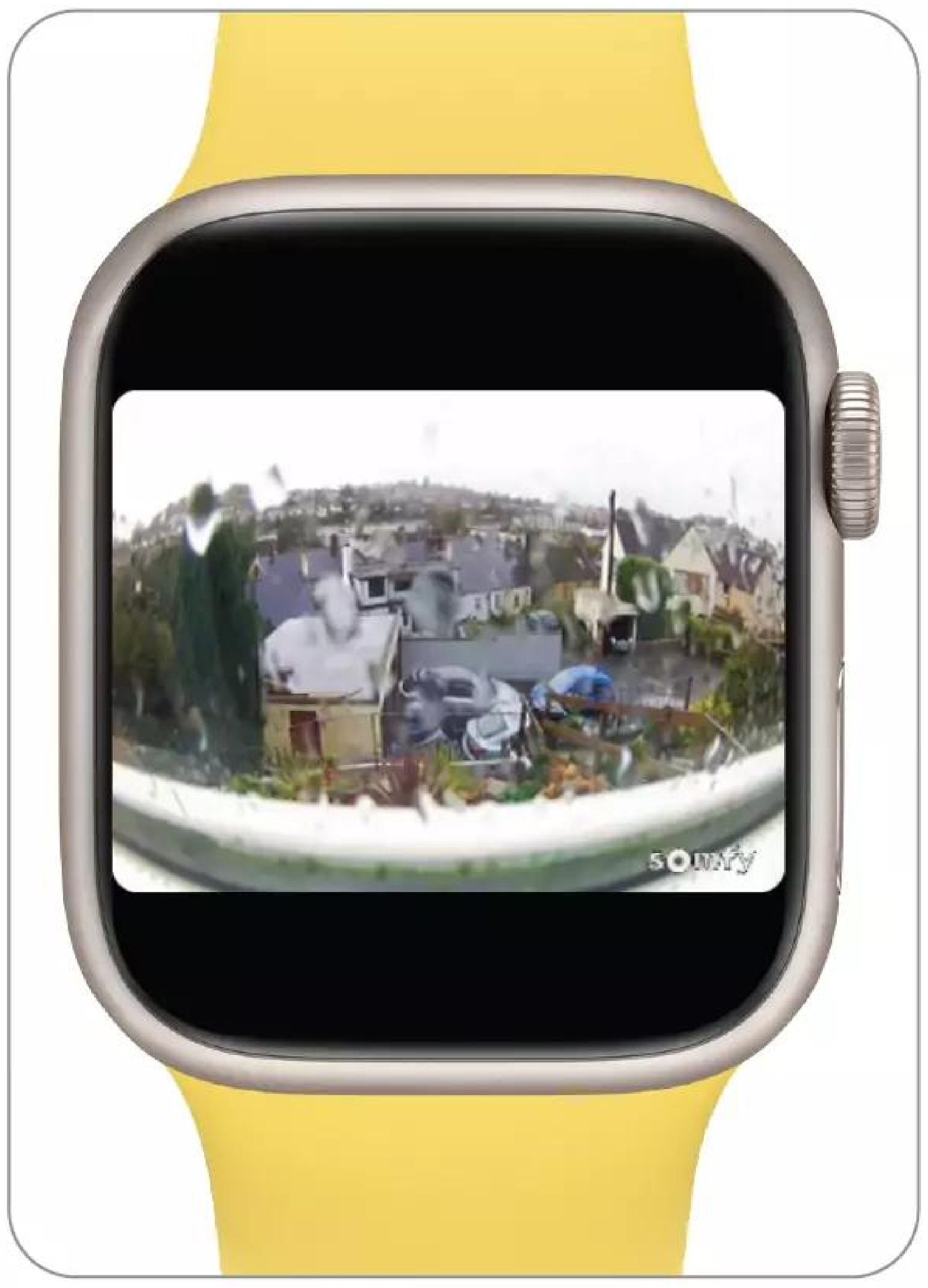
Tap the light in the Home app to turn it on and off. To change the brightness on a HomeKit smart light, tap the three-dots icon and scroll the Digital Crown.

Lights – Colour



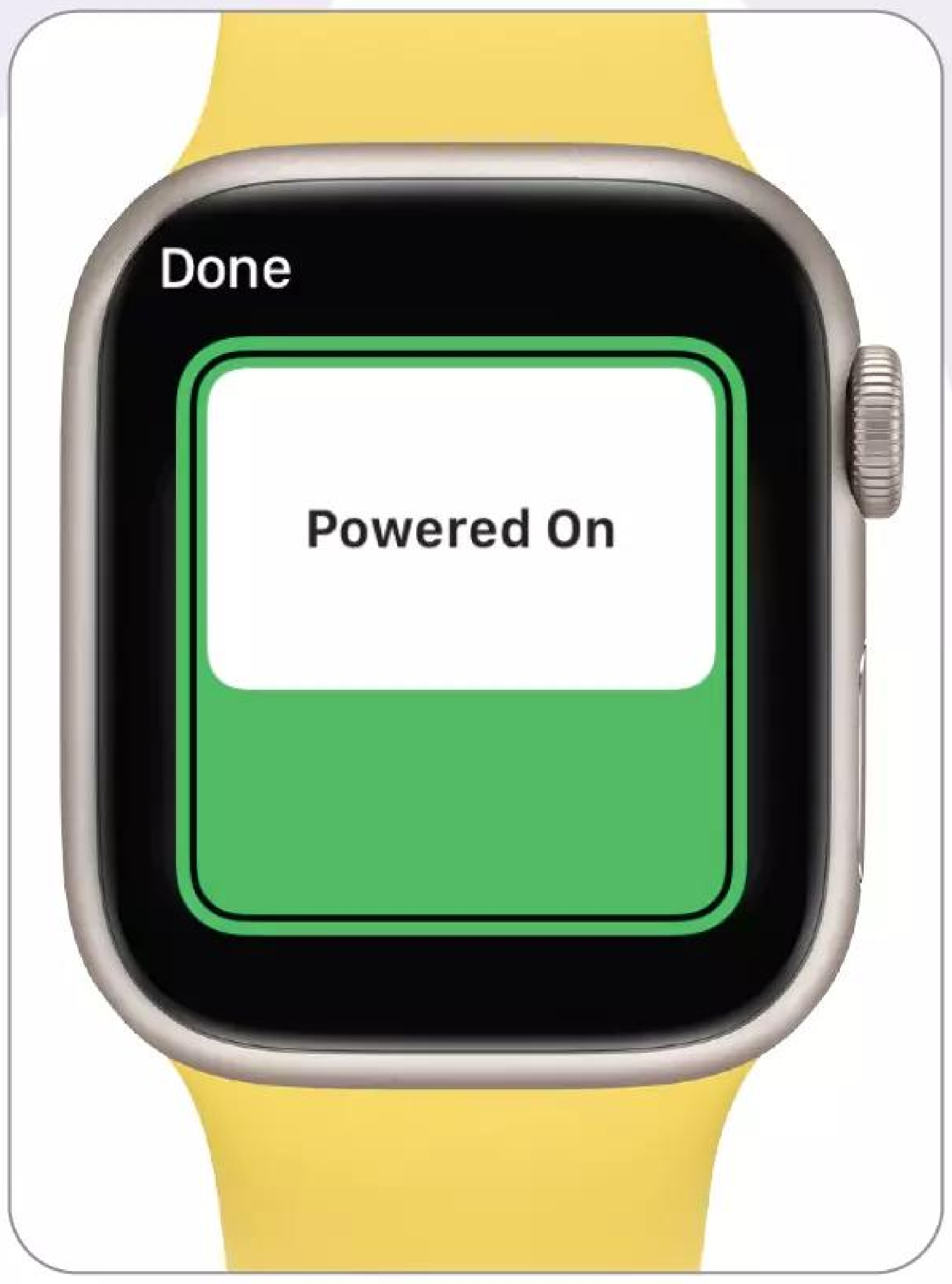
If the lights in question can change colour, tap the three-dots icon, swipe the screen left and then tap the colour you wish to use. Colours may vary.

Cameras



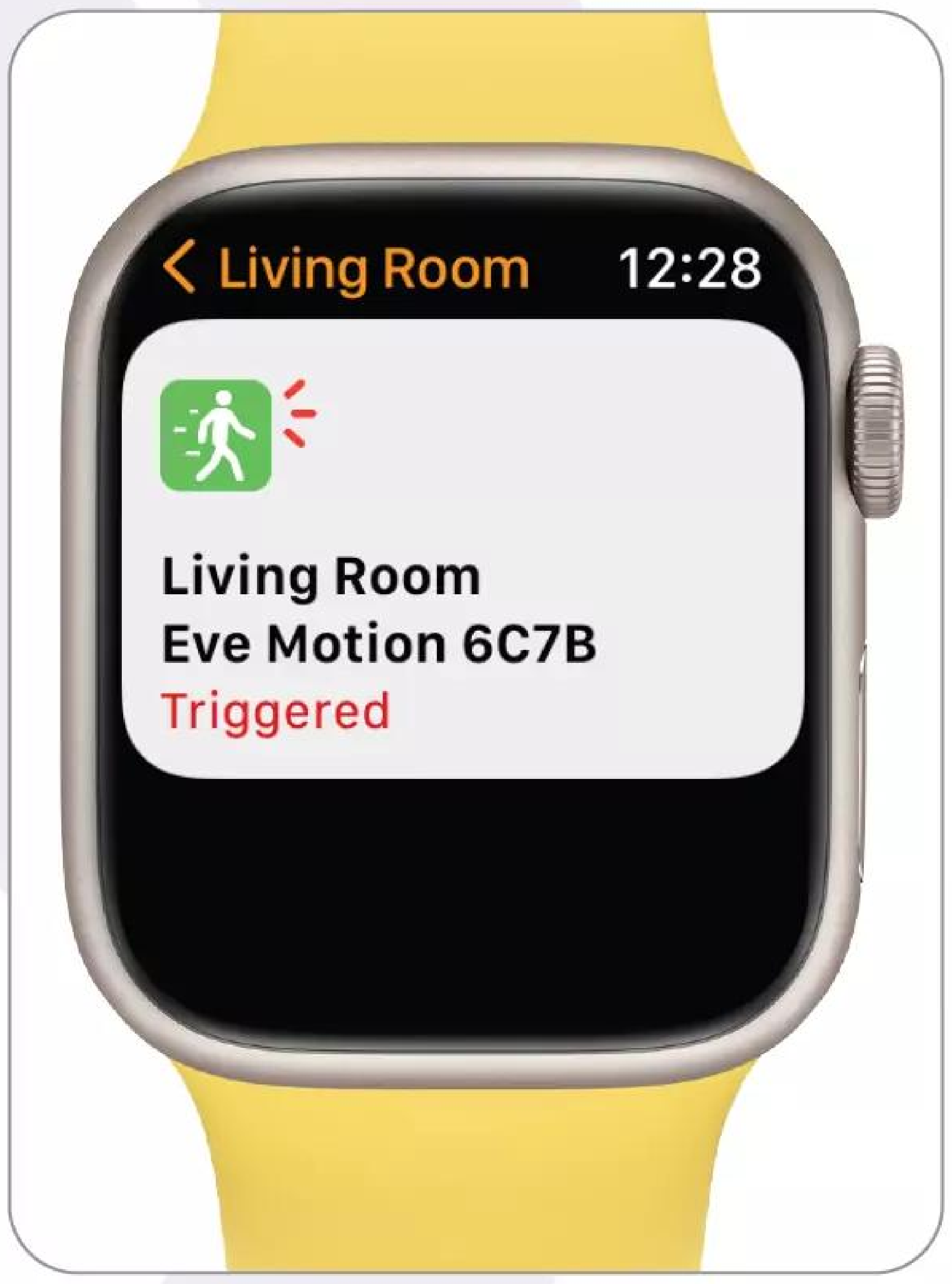
With a HomeKit camera, your Home app might (depending on the camera), let you zoom in and out or change the volume with the Digital Crown.

Smart Plug



You can control a smart plug from your watch by tapping it on the Home app's opening screen, or tapping the three-dots icon and using the Digital Crown.

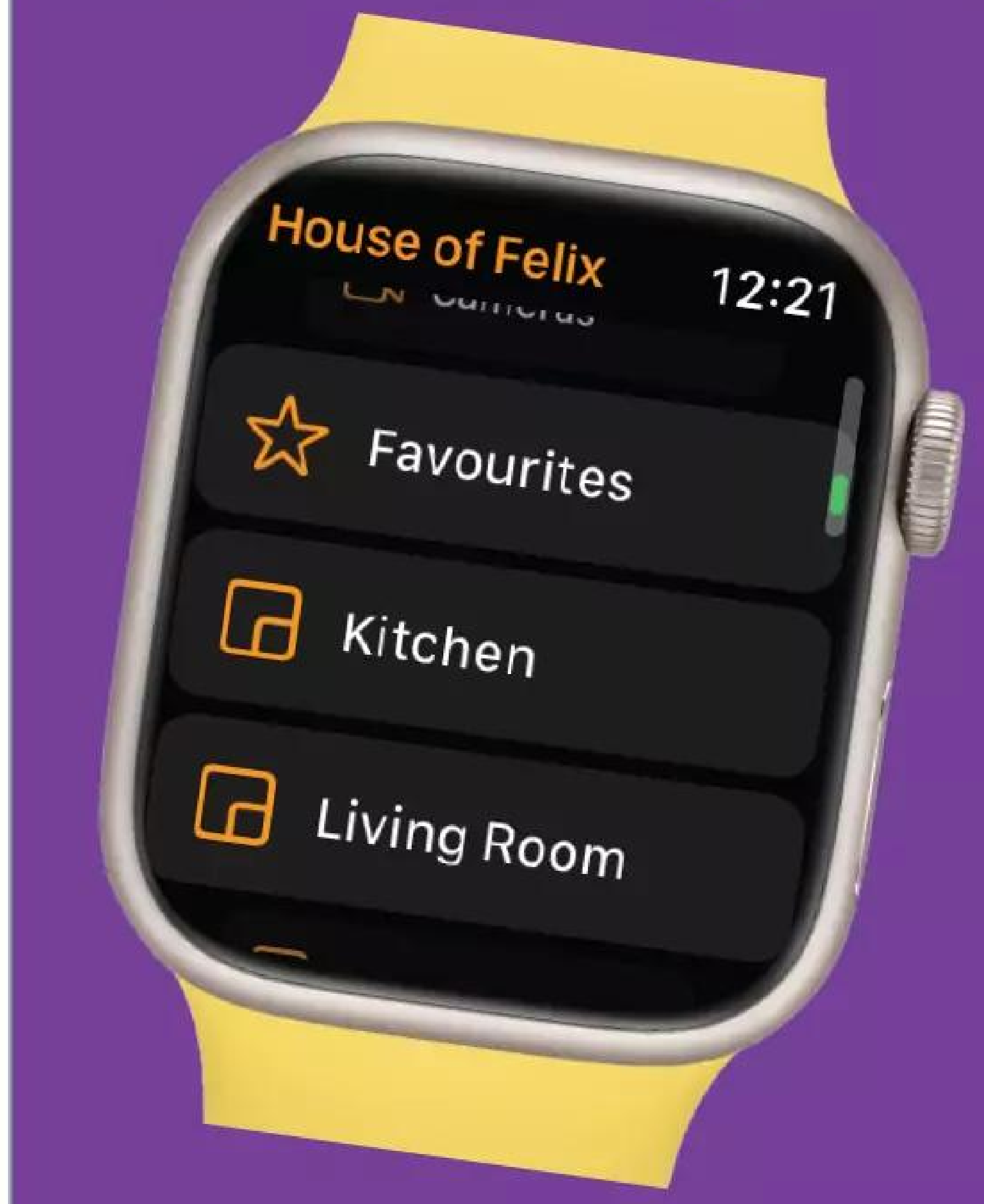
Motion Sensor



Living Room
Eve Motion 6C7B
Triggered

Registering a motion sensor with your Home app gives you an alert when motion is detected. Just the thing for keeping an eye on the house when you're away.

Rooms & Categories

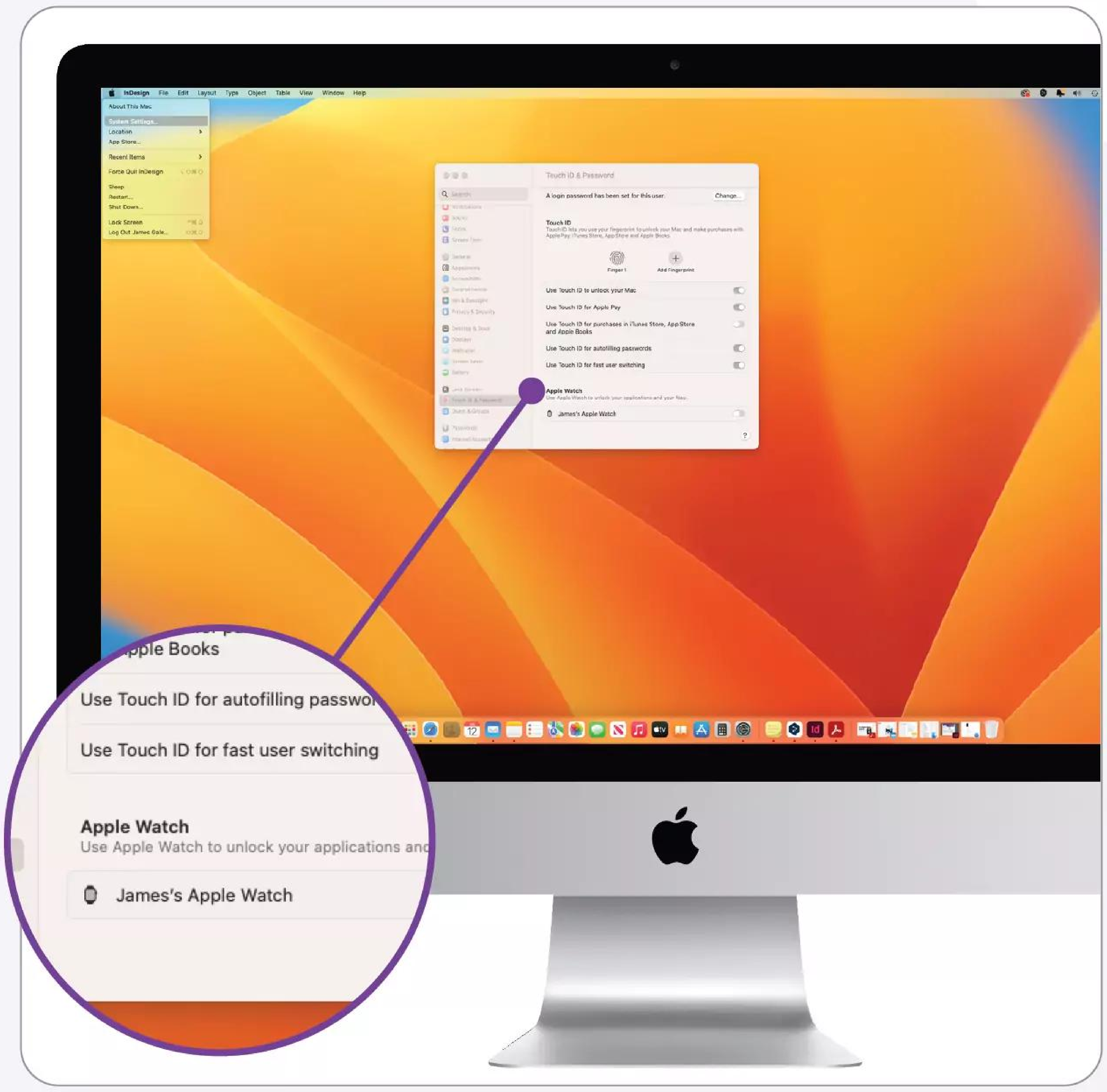


Open the Home app and scroll up, past your home page gadgets. You'll see categories such as Cameras and Favourites, and designated rooms such as Kitchen and Living Room. Tap these to see all the HomeKit devices that fall into these categories; whether they're presented at the top of your list or not.

Unlock Your Mac with Watch

If your Mac is recent enough, it's possible to unlock it using your Apple Watch. If your Mac has gone to sleep, it senses when you – and your watch – are nearby and automatically awakens. You can also use your watch rather than typing your administrator password. You still need your password after restarting your Mac, though.

iMac (24-inch, M1, 2021)
Unlocked by this Apple Watch


Apple Books
Use Touch ID for autofilling passwo
Use Touch ID for fast user switching
Apple Watch
Use Apple Watch to unlock your applications and
James's Apple Watch

iMac (24-inch, M1, 2021)
Unlocked by this Apple Watch

1 To unlock your Mac with your watch you can use any model of Apple Watch, as long as it's running watchOS 3 or later. Your Mac must be running macOS Sierra or later, and be reasonably new. On your Mac, open System Settings followed by Touch ID & Password.

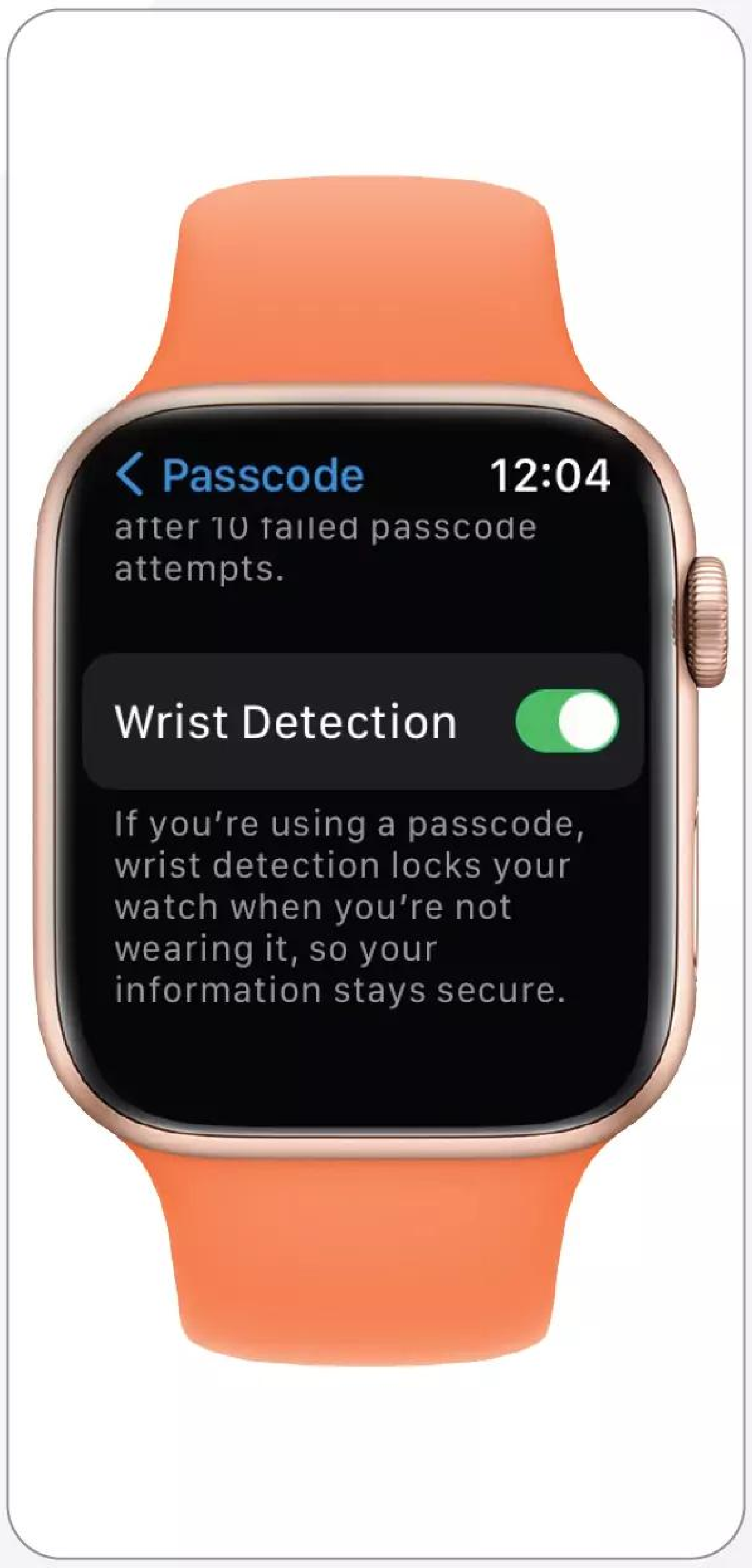
2 Under 'Use Apple Watch to unlock apps and your Mac', check the box next to your current Apple Watch. If it isn't there, your Mac's too old. Your iPhone and Apple Watch must be nearby and unlocked. Enter your Mac's password when asked, and wait until the feature is switched on.

3 From now on, when your Mac is asleep and you approach it with your Apple Watch unlocked and on your wrist, it wakes up. Your watch vibrates and you get a message. To turn this feature off, go back to System Preferences > Security & Privacy > General and uncheck the box.

Unlock Your iPhone with Watch

Face ID is a great iPhone feature, but if your face is covered, maybe by a covid mask, it simply won't work. That's where unlocking your iPhone with your Apple Watch comes in. You'll need an Apple Watch Series 3 or later, running watchOS 7.4 or later, paired with an iPhone with Face ID (iPhone X or later), running iOS 14.5 or later. Here's how to do it.

iPhone (2)
Unlocked by this Apple Watch
Lock iPhone



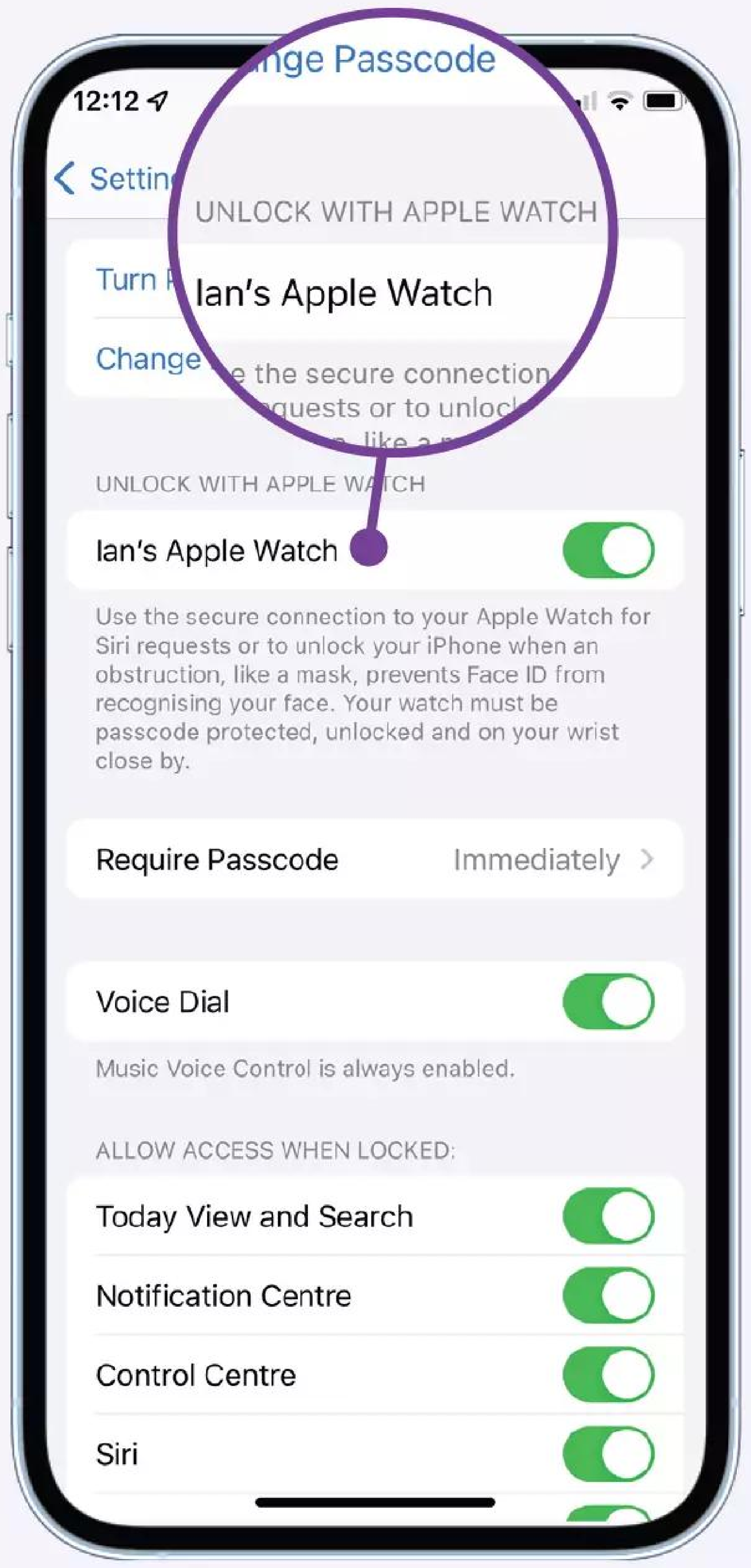
Passcode 12:04

after 10 failed passcode attempts.

Wrist Detection

If you're using a passcode, wrist detection locks your watch when you're not wearing it, so your information stays secure.

1 For this function to work, both your Apple Watch and your iPhone must have Wi-Fi and Bluetooth turned on, though you don't need to be connected to a network. Your Apple Watch must be on your wrist and unlocked, and it must have Passcode and Wrist Detection turned on.



12:12

Settings ...nge Passcode

UNLOCK WITH APPLE WATCH

Ian's Apple Watch

UNLOCK WITH APPLE WATCH

Ian's Apple Watch

Use the secure connection to your Apple Watch for Siri requests or to unlock your iPhone when an obstruction, like a mask, prevents Face ID from recognising your face. Your watch must be passcode protected, unlocked and on your wrist close by.

Require Passcode: Immediately

Voice Dial

Music Voice Control is always enabled.

ALLOW ACCESS WHEN LOCKED:

Today View and Search

Notification Centre

Control Centre

Siri

2 To set up Unlock Your iPhone with Apple Watch on your iPhone, open the Settings app and then tap Face ID and Passcode. Type your passcode, and then turn on Unlock with Apple Watch. If you're asked to turn on Wrist Detection, do so now on your Apple Watch.

iPhone (2)
Unlocked by this Apple Watch
Lock iPhone

3 With the feature switched on, even when your face is covered, you can unlock your iPhone by simply raising it or tapping its screen. You get a haptic feedback from your watch, and a message on the screen. When the lock springs open, you can swipe the screen up on your iPhone to start using it.

Third-Party Apps on Watch

It's not all about Apple's apps. You can also download and install third-party applications for your Apple Watch. In this section, we take a look at some of the best. First, we'll show you how to download and install new apps. There's a tutorial on how to use the Facebook Messenger Watch app and one on Cloud Battery, to see how much battery life you have left on all your Apple gear. Also, the Watch app for Things, for getting things done, is outlined and explained. Look out too for Just Press Record, Citymapper, Roku controller and more.

Citymapper
10:42
Walk to Station
Newton Abbot
28 min (1.3 mi)
Next scheduled times:
11:33, 12:06
Domino's Pizza

PCalc
15:24
85
C
7 %
8 ×
9 +
4 ±
5 ÷
6 −
1 M+
2 M−
3 MR
0
.
=

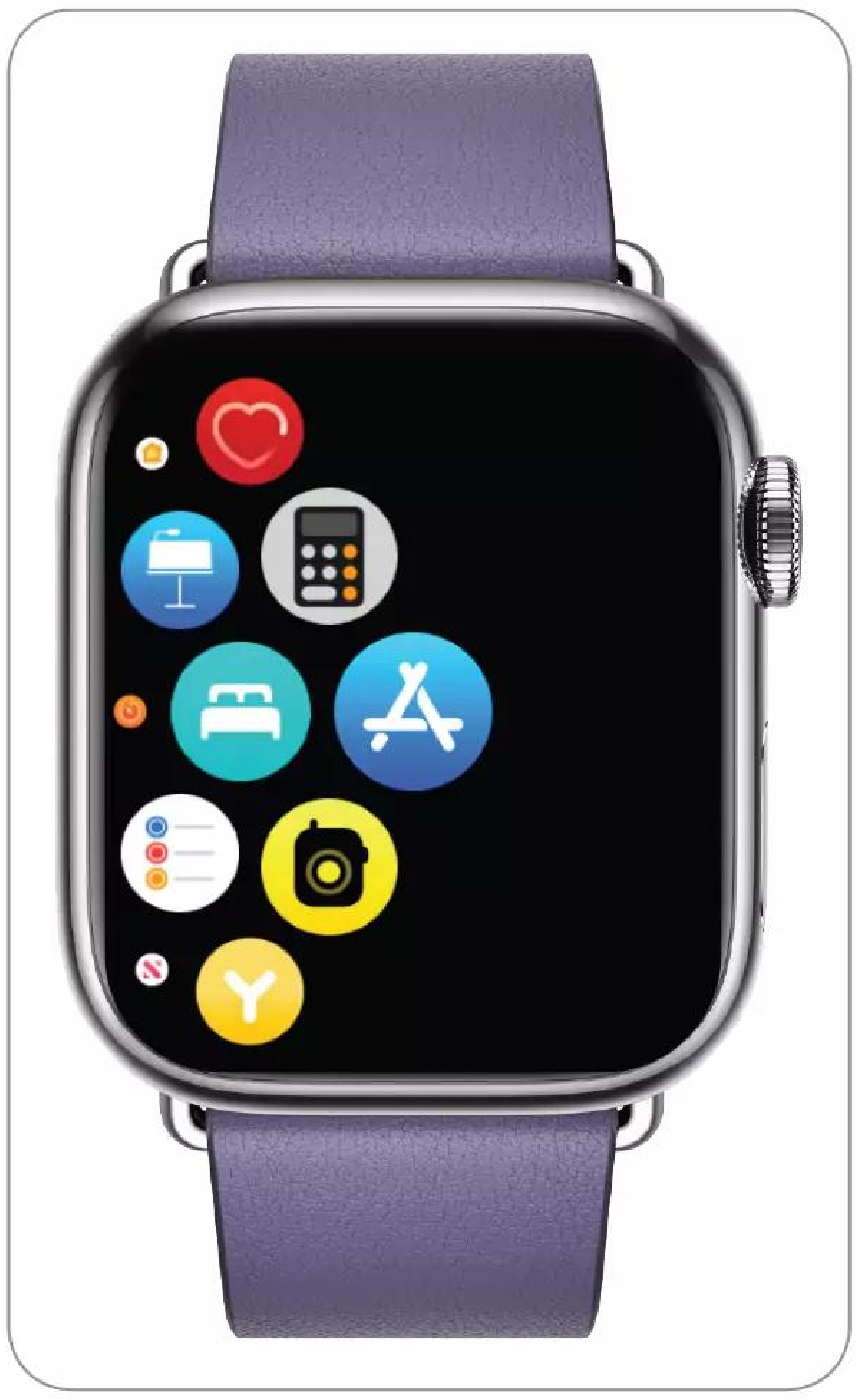
Download and Install Watch Apps

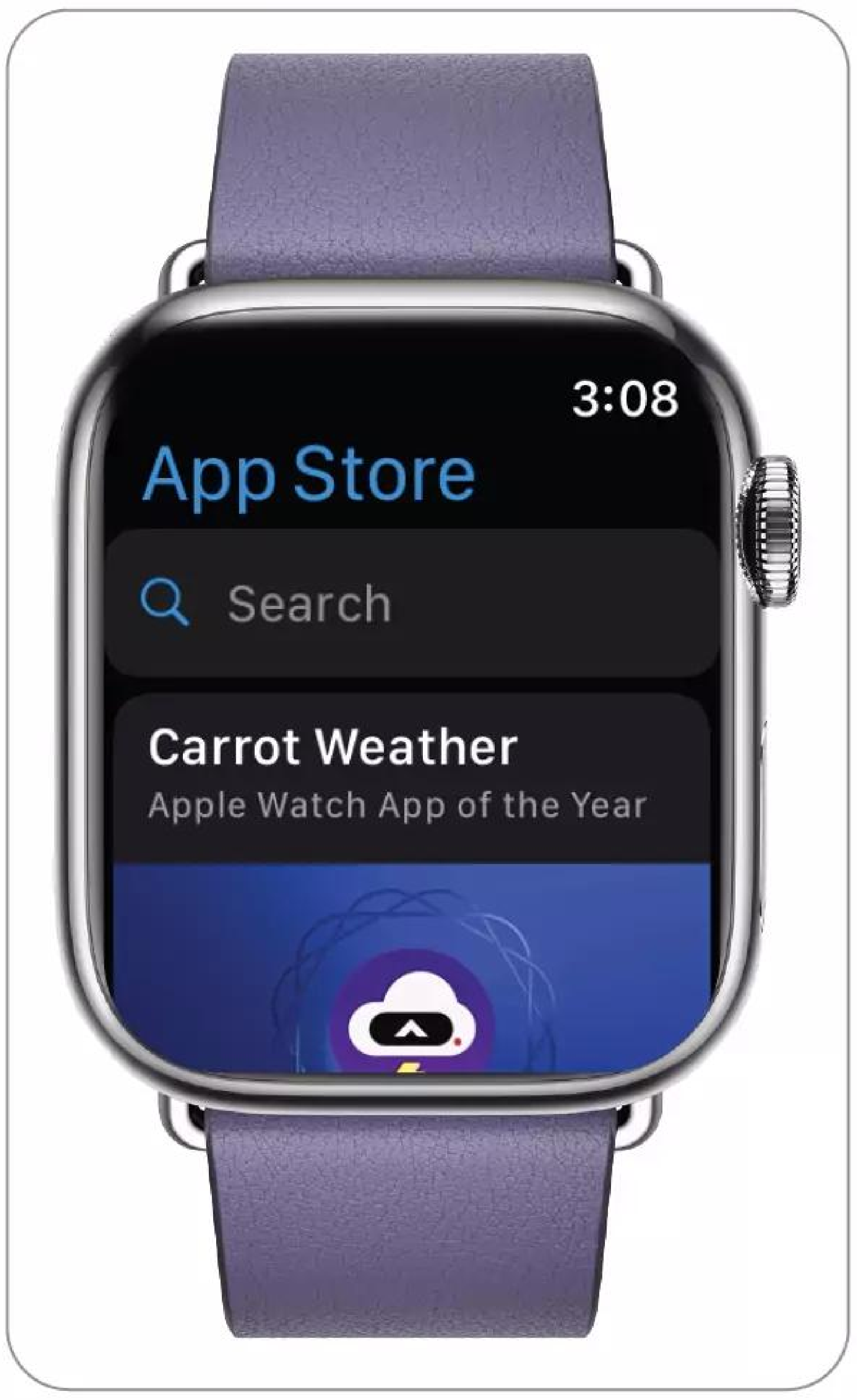
3:30
Alison Willis
INCOMING CALL

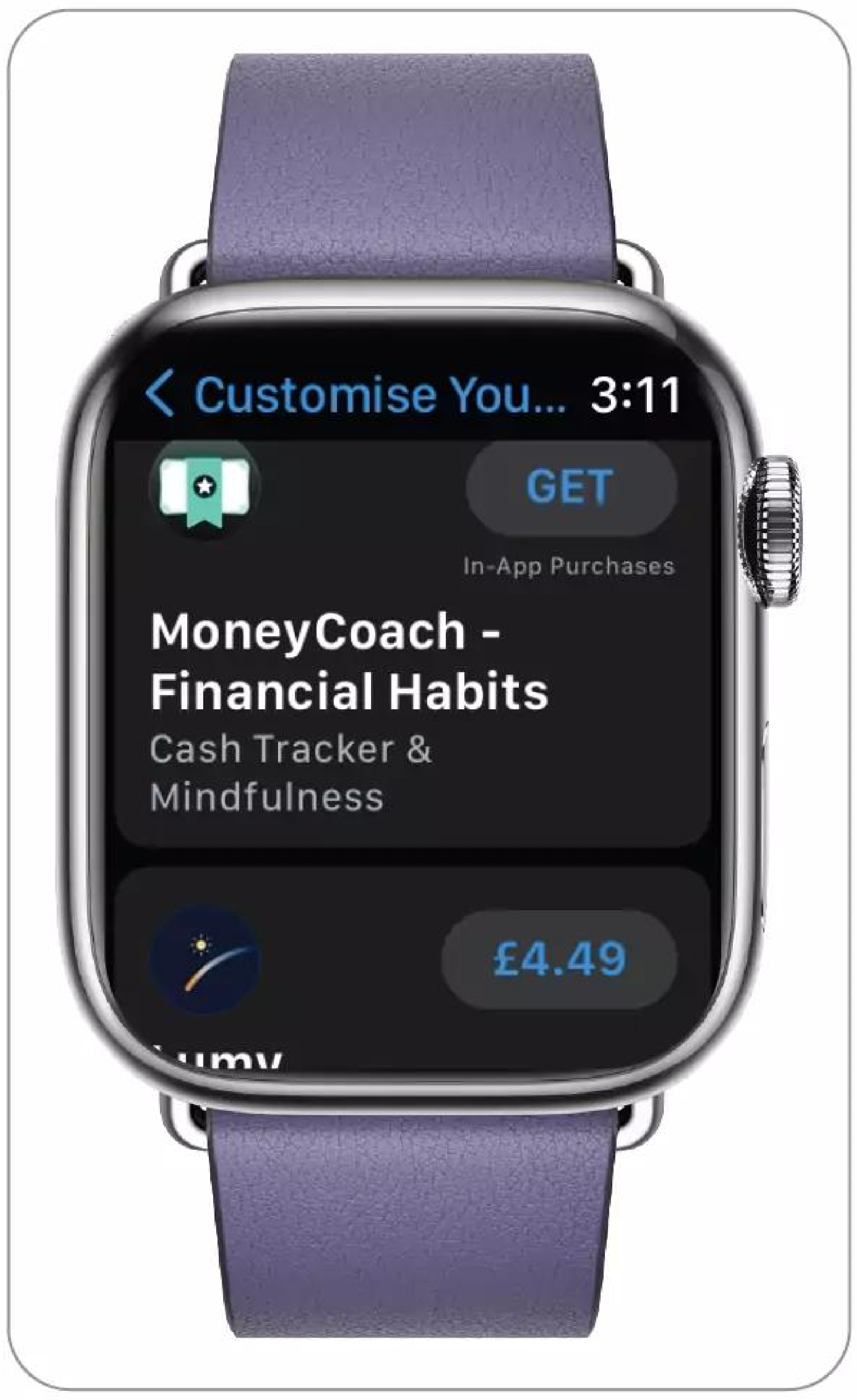
You can get all sorts of third-party apps for your Apple Watch; you're definitely not limited to the ones that are bundled with watchOS and available to you as soon as you start using your Apple Watch. Here we show you how to choose and download an app from your watch, and also from your iPhone.

On Your Watch

You can download and install apps directly from your Apple Watch, using the watchOS App Store. There's an app for almost everything, such as watching the night sky, staying hydrated, watching the weather and more.



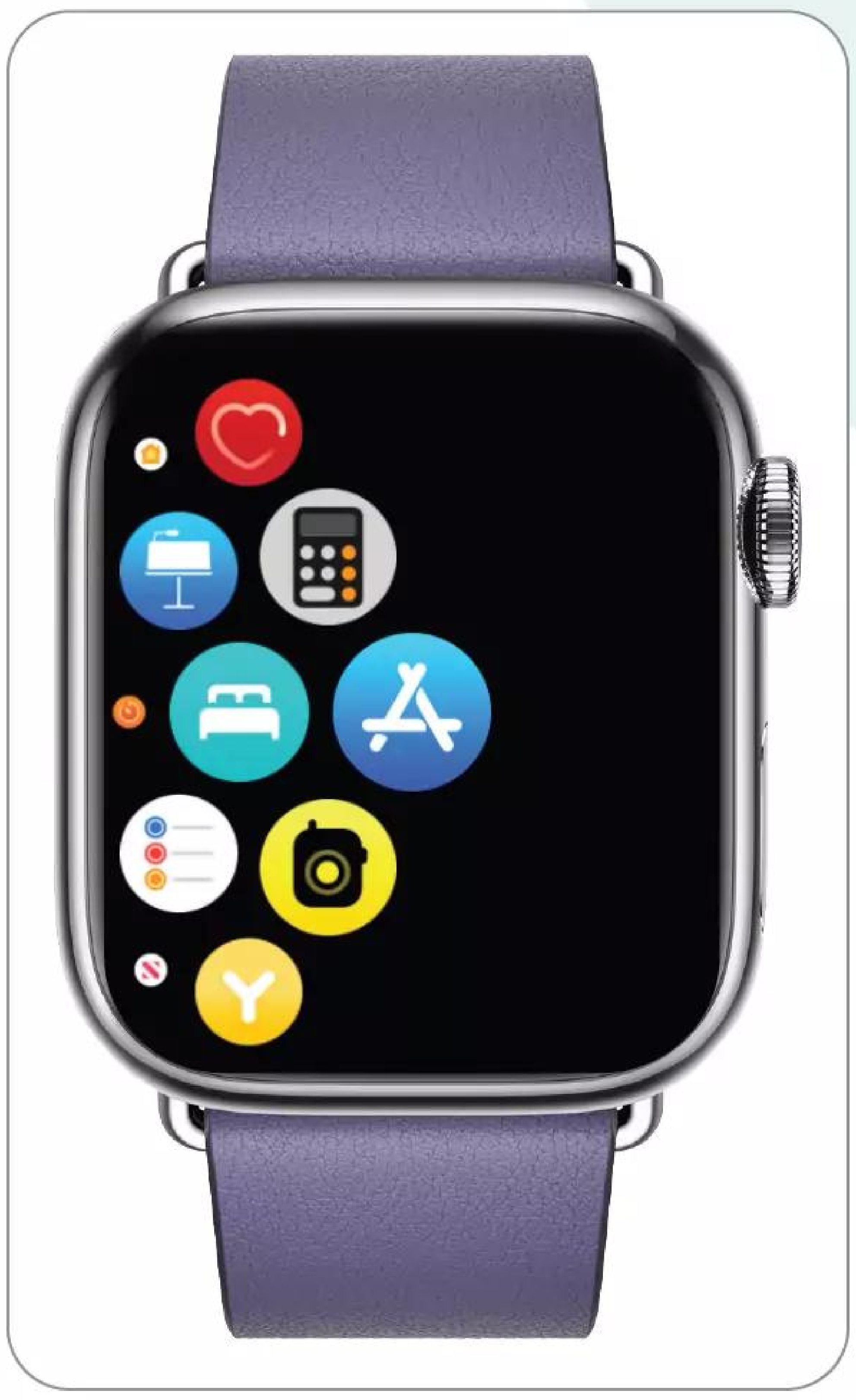

3:08
App Store
Search
Carrot Weather
Apple Watch App of the Year

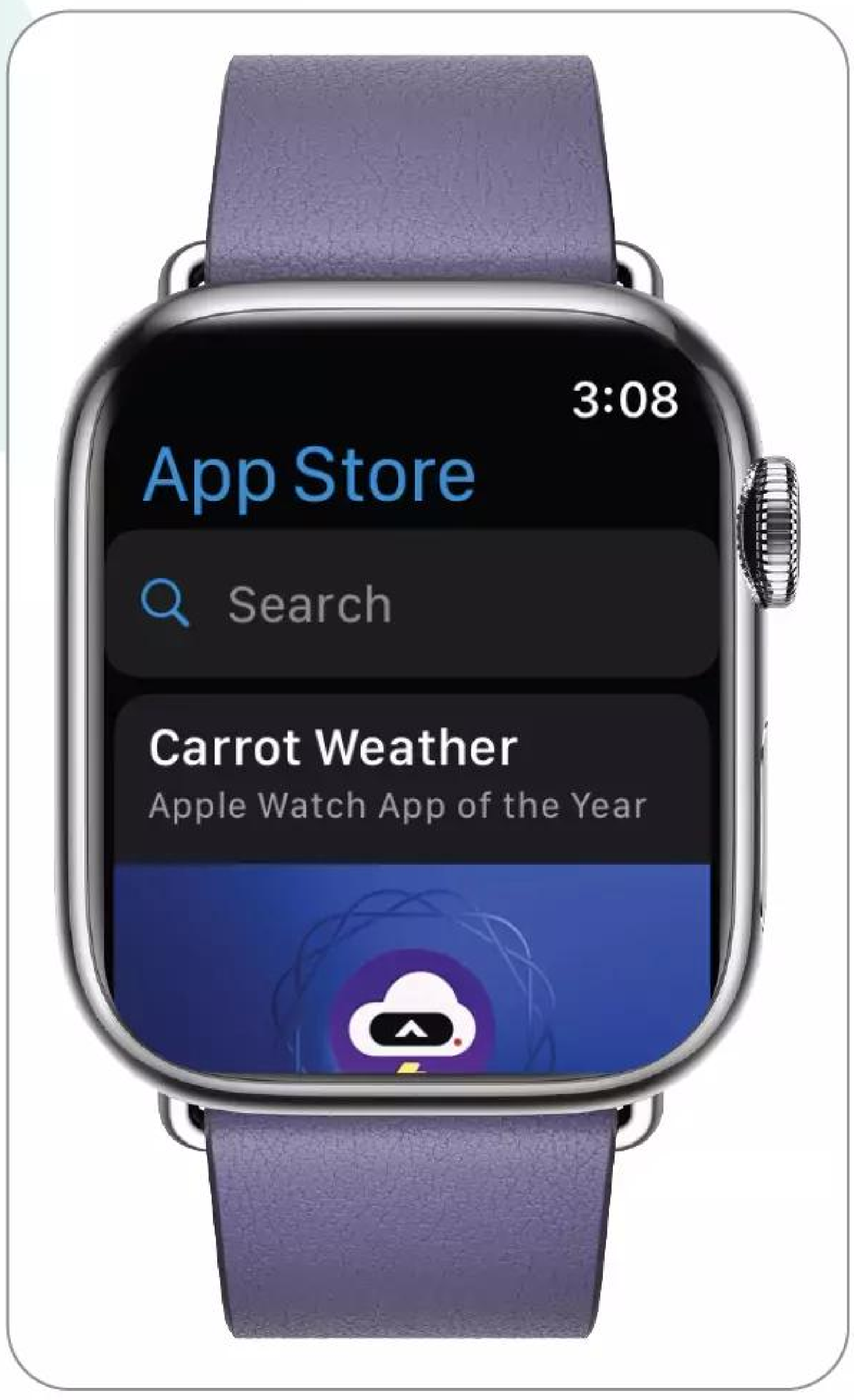

Customise You...
3:11
GET
In-App Purchases
MoneyCoach -
Financial Habits
Cash Tracker &
Mindfulness
£4.49

1 First of all, on your Apple Watch, Press the Digital Crown for your app picker and then look for the App Store app; it's the same white 'A' on a blue background as the iPhone's App Store. When you've found it, tap the icon to open the App Store on your watch.

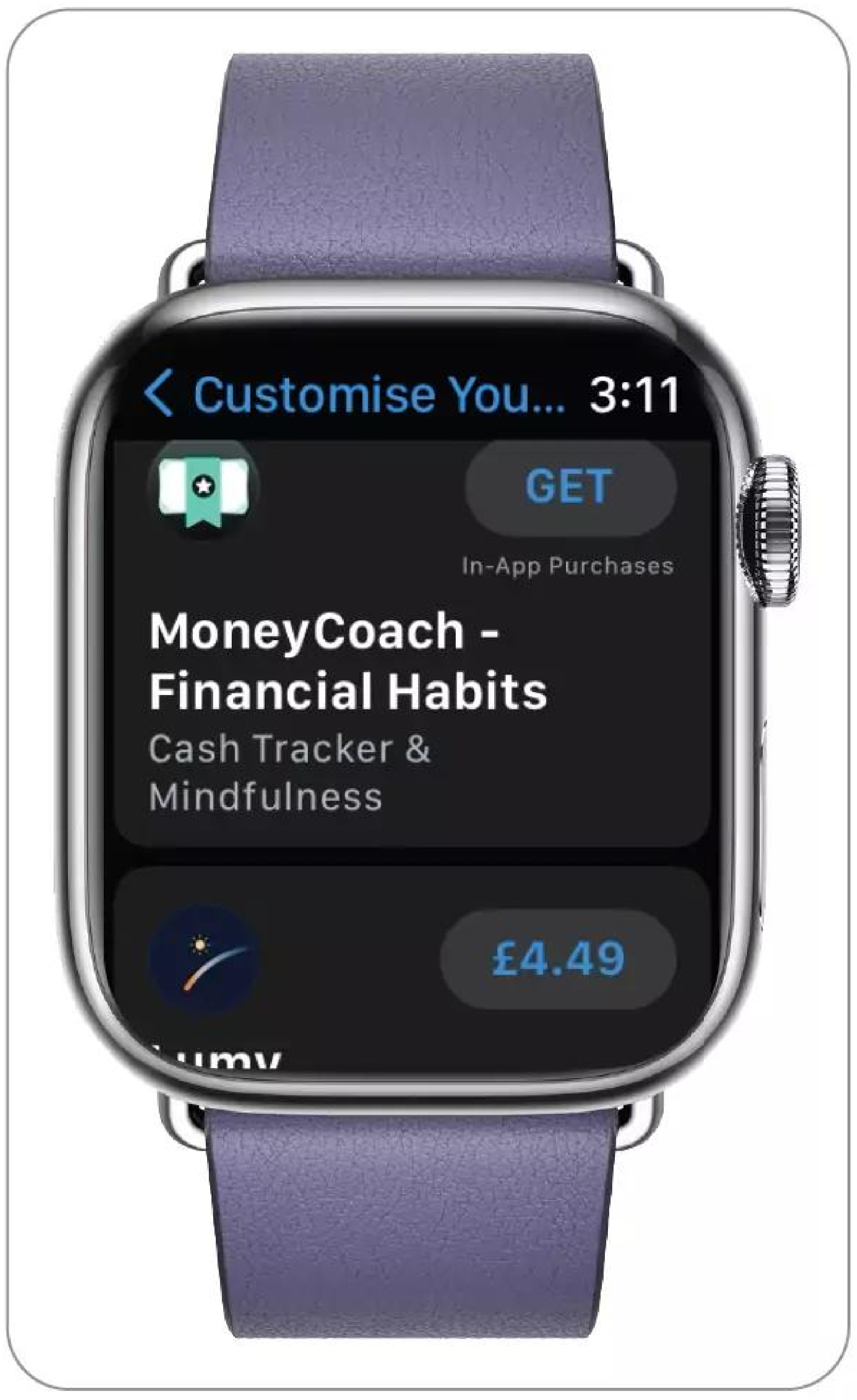
2 At the top of the App Store page is a search field. Use it to look for an app, or for a keyword like 'sports' or 'weather'. Alternatively, scroll up and down with the Digital Crown and look at what's on offer. Tap a round-up banner to see a group of apps chosen by Apple.

3 Just like on the iPhone, if an app has a button marked 'Get', it can be downloaded and used for free (though there may be in-app purchases for some features). If it has a price, it's paid for. If it has a cloud logo, you've downloaded it before, and don't have to pay again.




3:08
App Store
Search

Carrot Weather
Apple Watch App of the Year


Customise You...
3:11
GET
In-App Purchases

MoneyCoach - Financial Habits
Cash Tracker & Mindfulness
£4.49

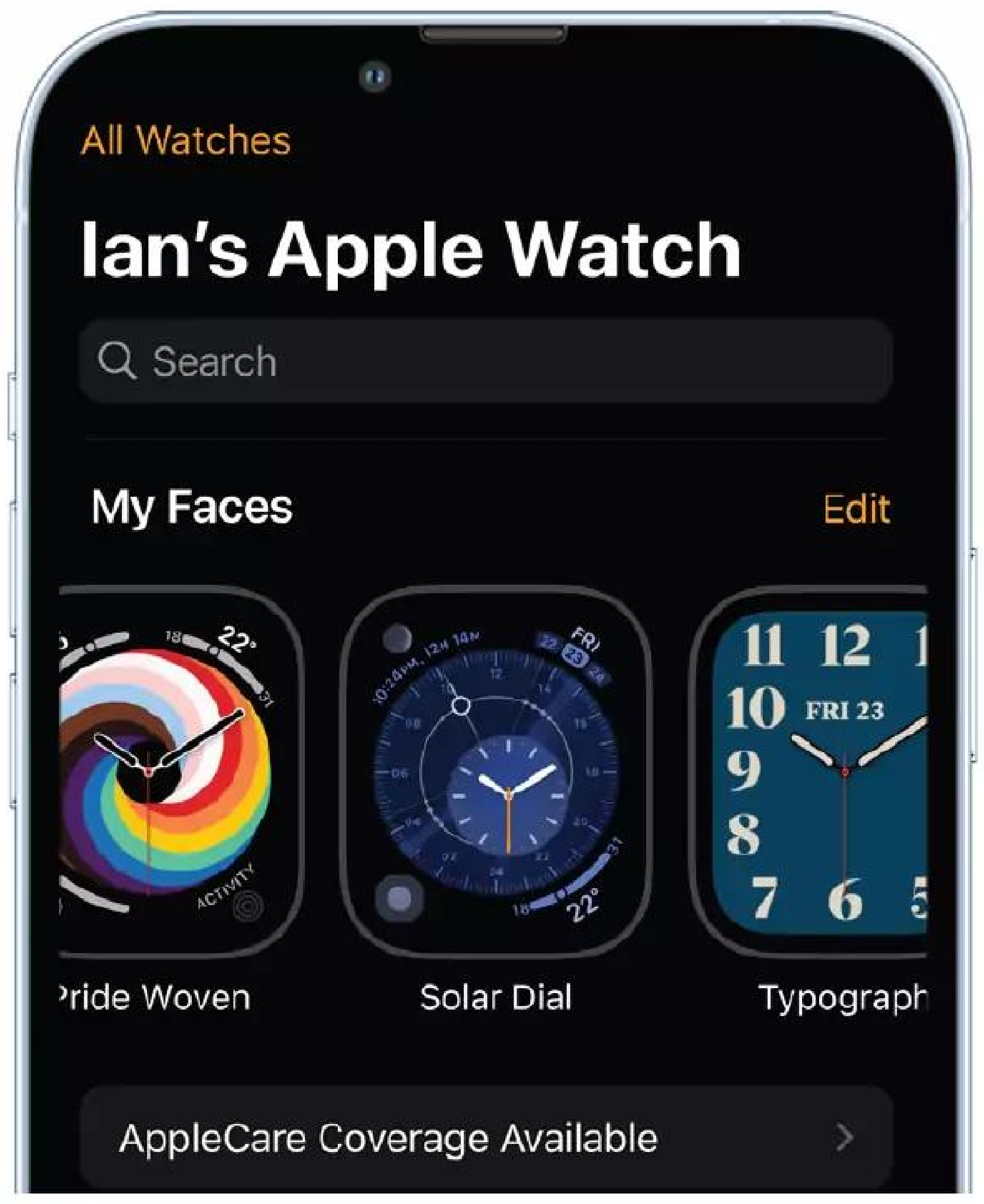
4 When you've clicked an app's download button ('Get', a price or a cloud), you're told to double-click the Side Button to install it. Do so, then enter your passcode and Apple ID if asked. The app then downloads and installs on your Apple Watch.

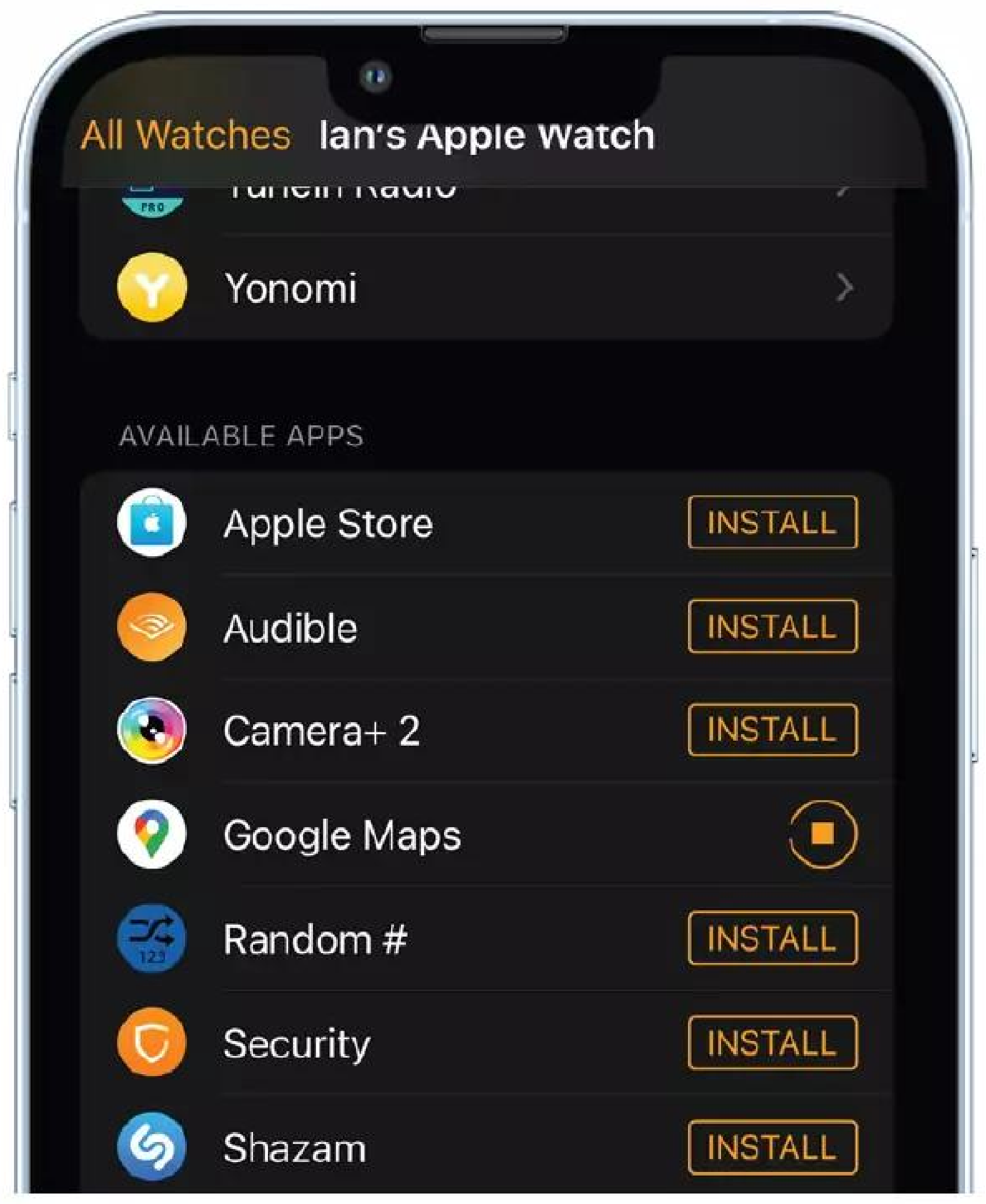
5 When your app has installed on your Apple Watch, its download button on the App Store is now marked 'Open'. Tap it to launch the app, or alternatively, press in the Digital Crown to go to the App Launcher, and tap its icon from there as usual.

6 Open the Apple Watch App Store and scroll all the way to the bottom for a button marked, 'Your Account'. Tap it to give access to pages showing apps you've purchased, subscriptions associated with your account and updates that are available.

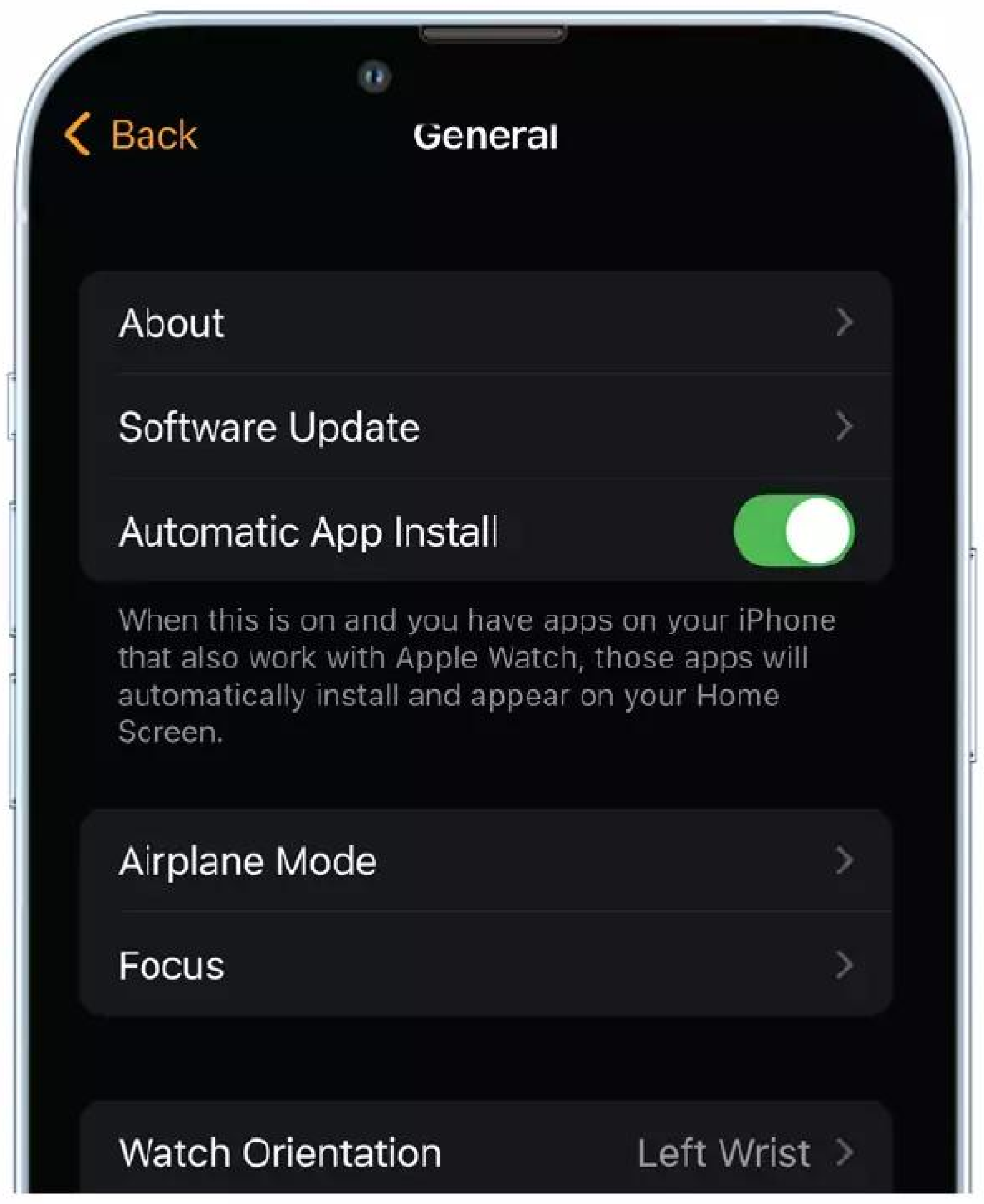
On Your iPhone

You can also use your iPhone to install Watch apps associated with apps you have on your phone, or have them install automatically when you download an iPhone app with a companion app for your Apple Watch.


All Watches
Ian's Apple Watch
Search
My Faces
Edit
Pride Woven
Solar Dial
Typograph
AppleCare Coverage Available


All Watches
Ian's Apple Watch
TuneIn Radio
Yonomi
AVAILABLE APPS

Apple Store	INSTALL
Audible	INSTALL
Camera+ 2	INSTALL
Google Maps	■
Random #	INSTALL
Security	INSTALL
Shazam	INSTALL


Back
General
About
Software Update
Airplane Mode
Focus

Automatic App Install ●

When this is on and you have apps on your iPhone that also work with Apple Watch, those apps will automatically install and appear on your Home Screen.

Watch Orientation Left Wrist

1 If you have apps on your iPhone that have a companion app on your Apple Watch, but haven't downloaded and installed the watch version, open your iPhone's Watch app and tap My Watch at the foot of the screen.

2 On this screen, scroll all the way down to the bottom. Here you'll see a list of apps on your Phone that you can also use on your watch. Tap the Install button next to one to download and install it on your Apple Watch.

3 Go to Watch > My Watch > General. There's a switch marked Automatic App Install – it's on by default. With it on, watch companion apps are automatically installed on your Apple Watch when you install their iPhone apps.

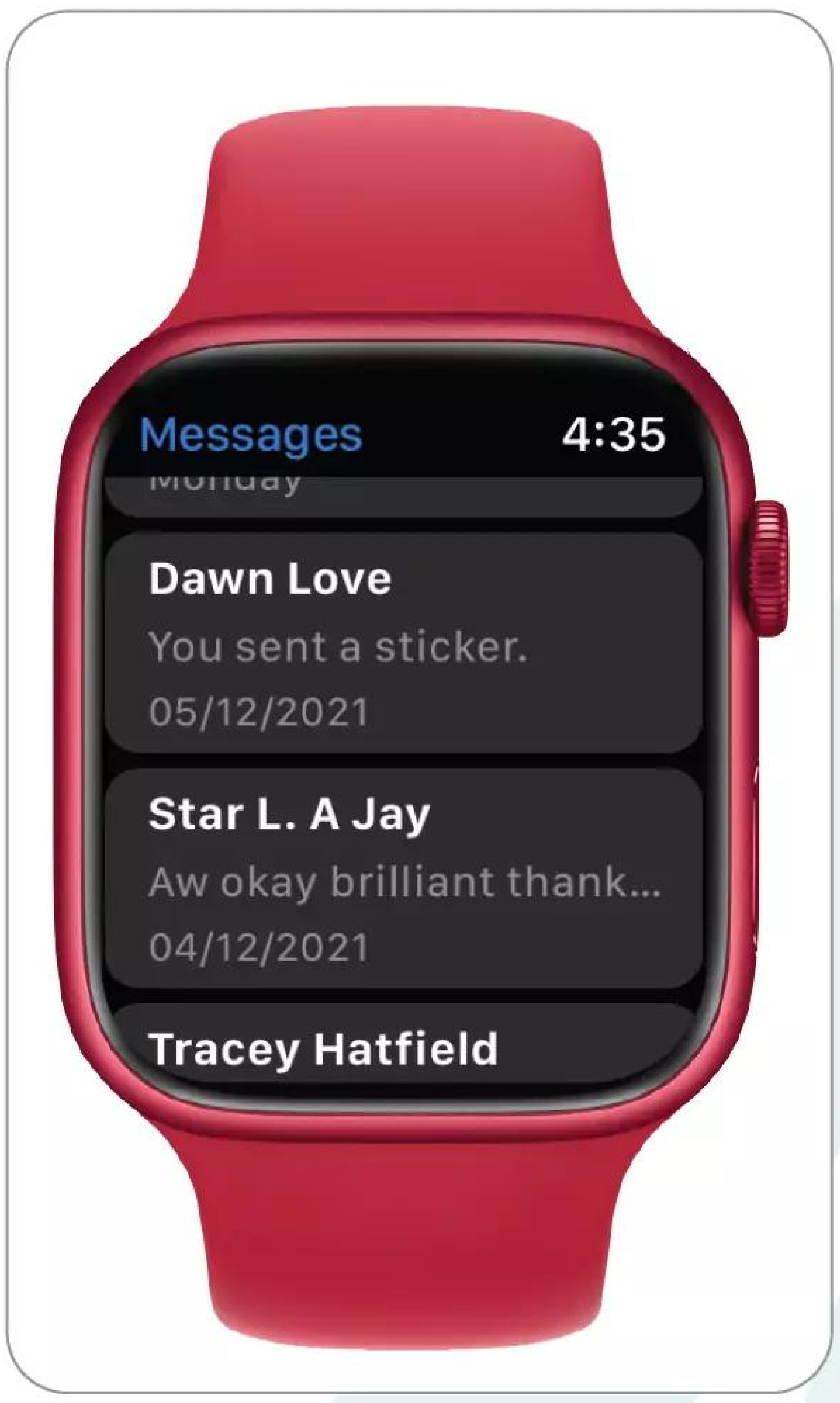
Using Facebook Messenger

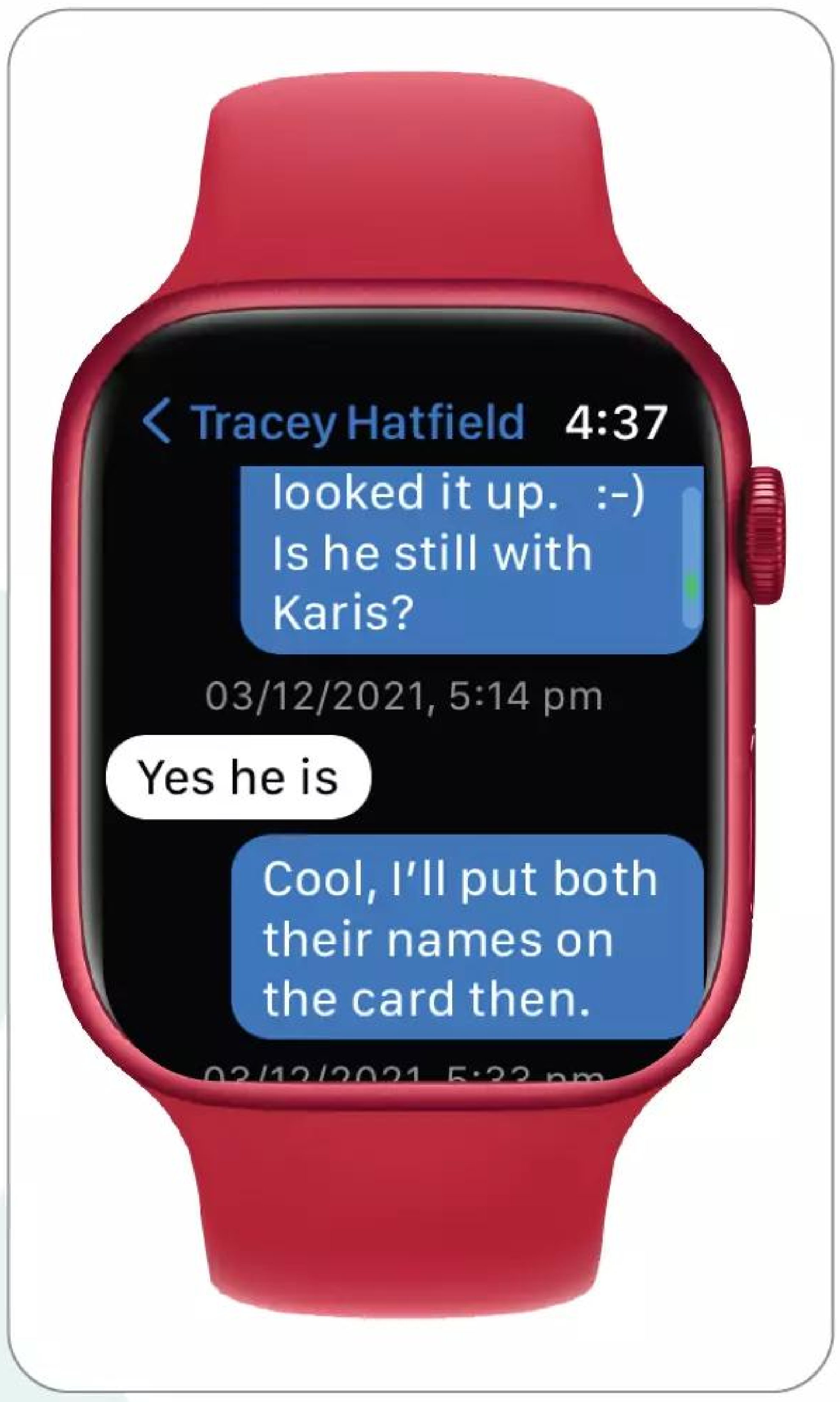
Facebook is the world's leading social media site. If you have a Facebook profile, and you use the Facebook Messenger app on your iPhone, you can also use it on your Apple Watch. It's great for messaging your Facebook friends, and you can do it right from your wrist with the Apple Watch app.

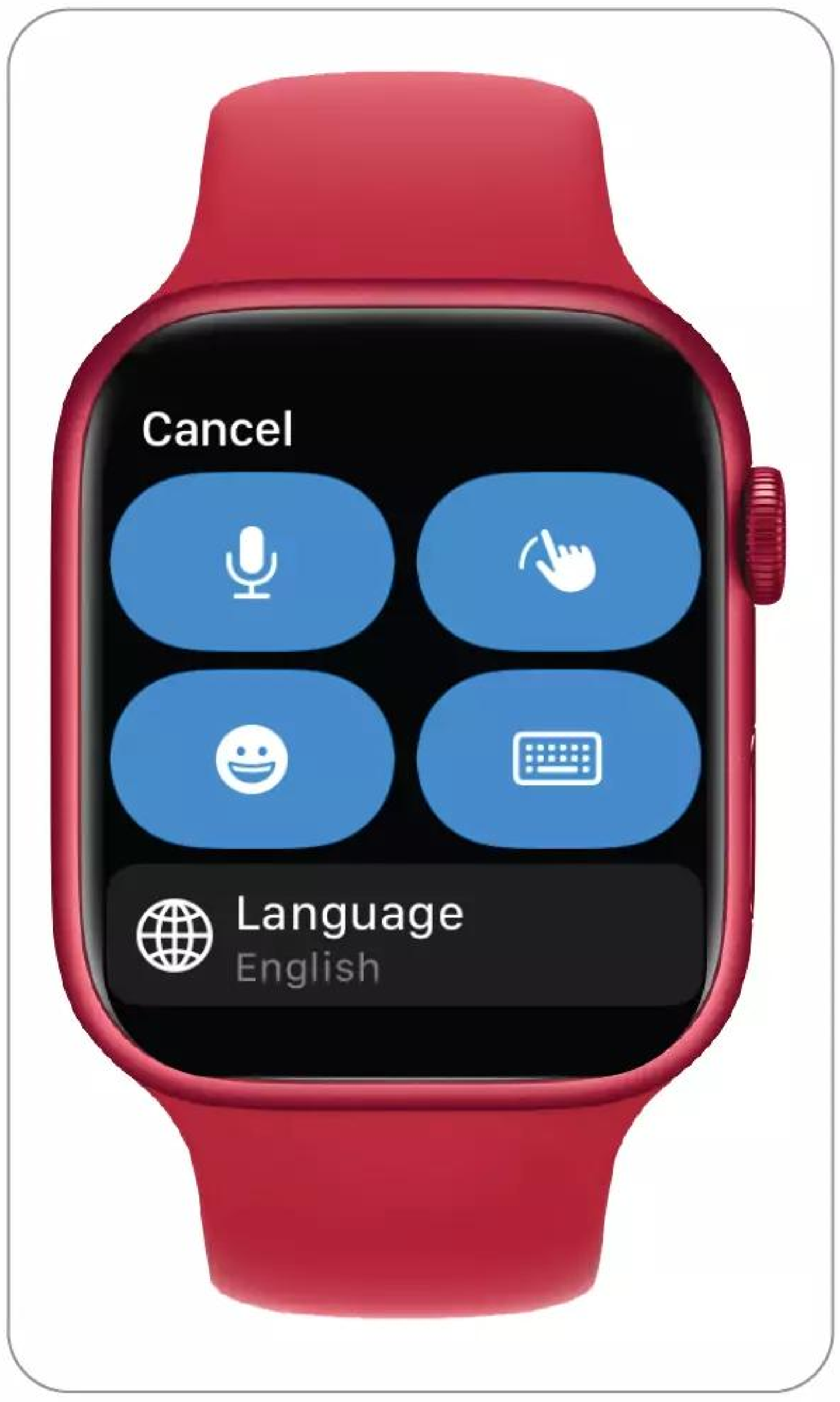
Tracey Hatfield 4:37
looked it up. :-) Is he still with Karis?
03/12/2021, 5:14 pm
Yes he is
Cool, I'll put both their names on the card then.

Messenger on Watch

The Apple Watch version of the Facebook Messenger app is very similar to its iPhone stable mate (their app icons are the same), and they're kept in sync, so messages you send from your watch also appear on your phone.


Messages 4:35
Monday
Dawn Love
You sent a sticker.
05/12/2021
Star L. A Jay
Aw okay brilliant thank...
04/12/2021
Tracey Hatfield

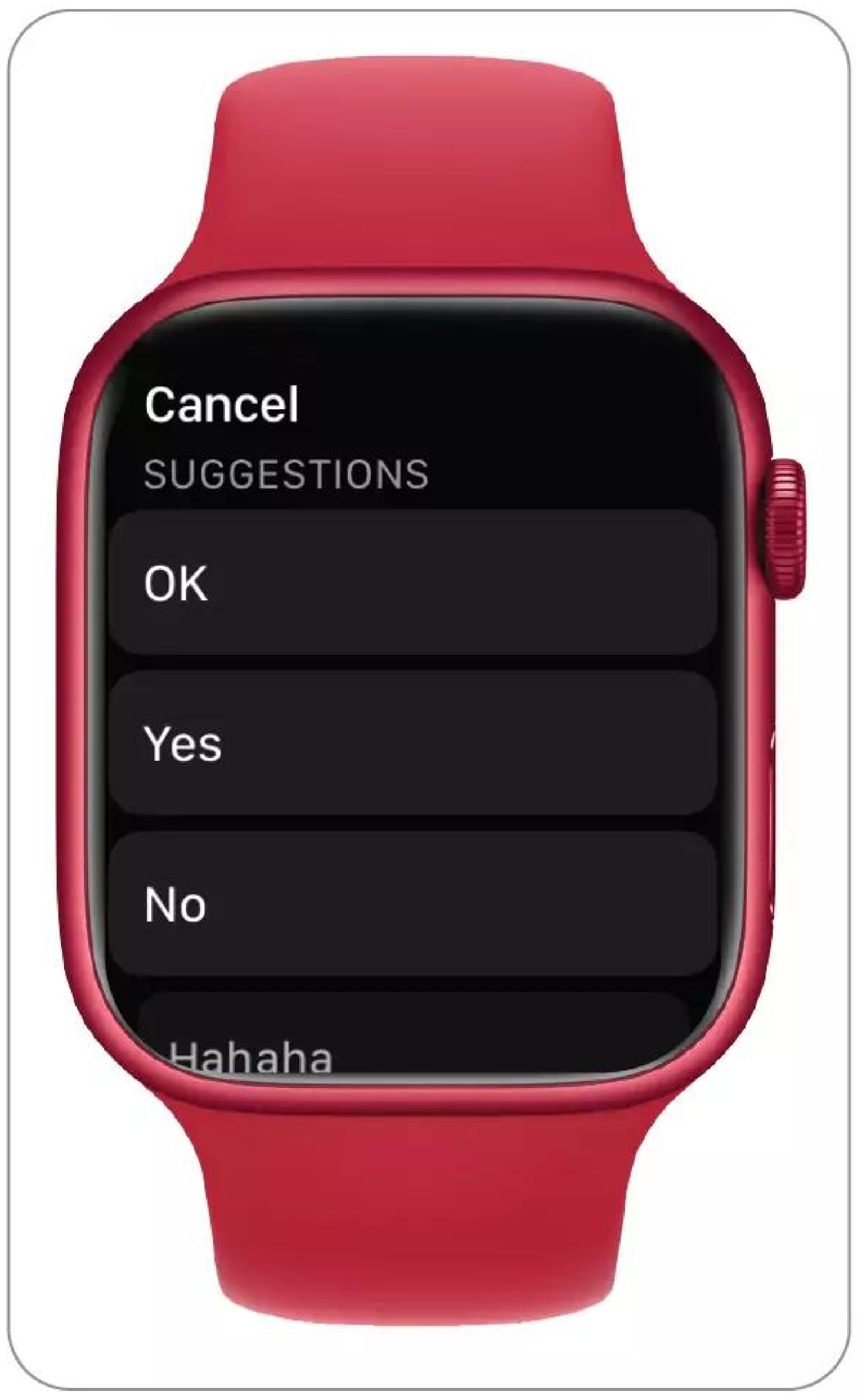

Tracey Hatfield 4:37
looked it up. :-)
Is he still with Karis?
03/12/2021, 5:14 pm
Yes he is
Cool, I'll put both their names on the card then.
03/12/2021, 5:33 pm



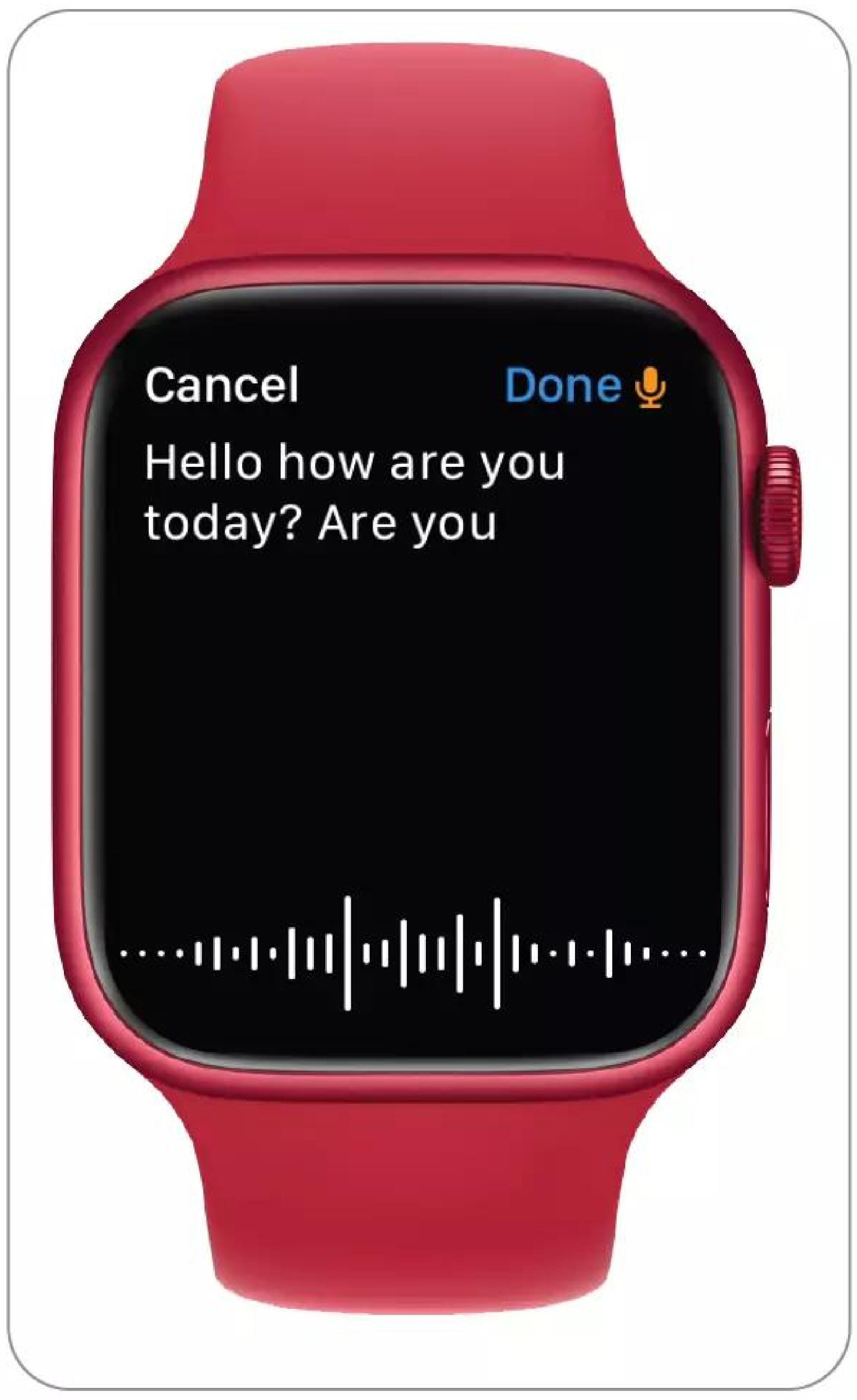
1 Open the Facebook Messenger app on your Apple Watch. You'll see your Facebook Messenger messages listed in the order in which they arrived (newest first). Scroll up and down this list with the Digital Crown.

2 Tap one of the conversations in the list and the messages, sent to and from your contact, are shown. Again, you can scroll up and down using the Digital Crown. The date and time of each message are shown under its bubble.

3 You can reply to a message conversation from the Apple Watch too. At the foot of the conversation is a button marked Reply. Tap this and you're taken to a screen offering different ways of producing a message to send.

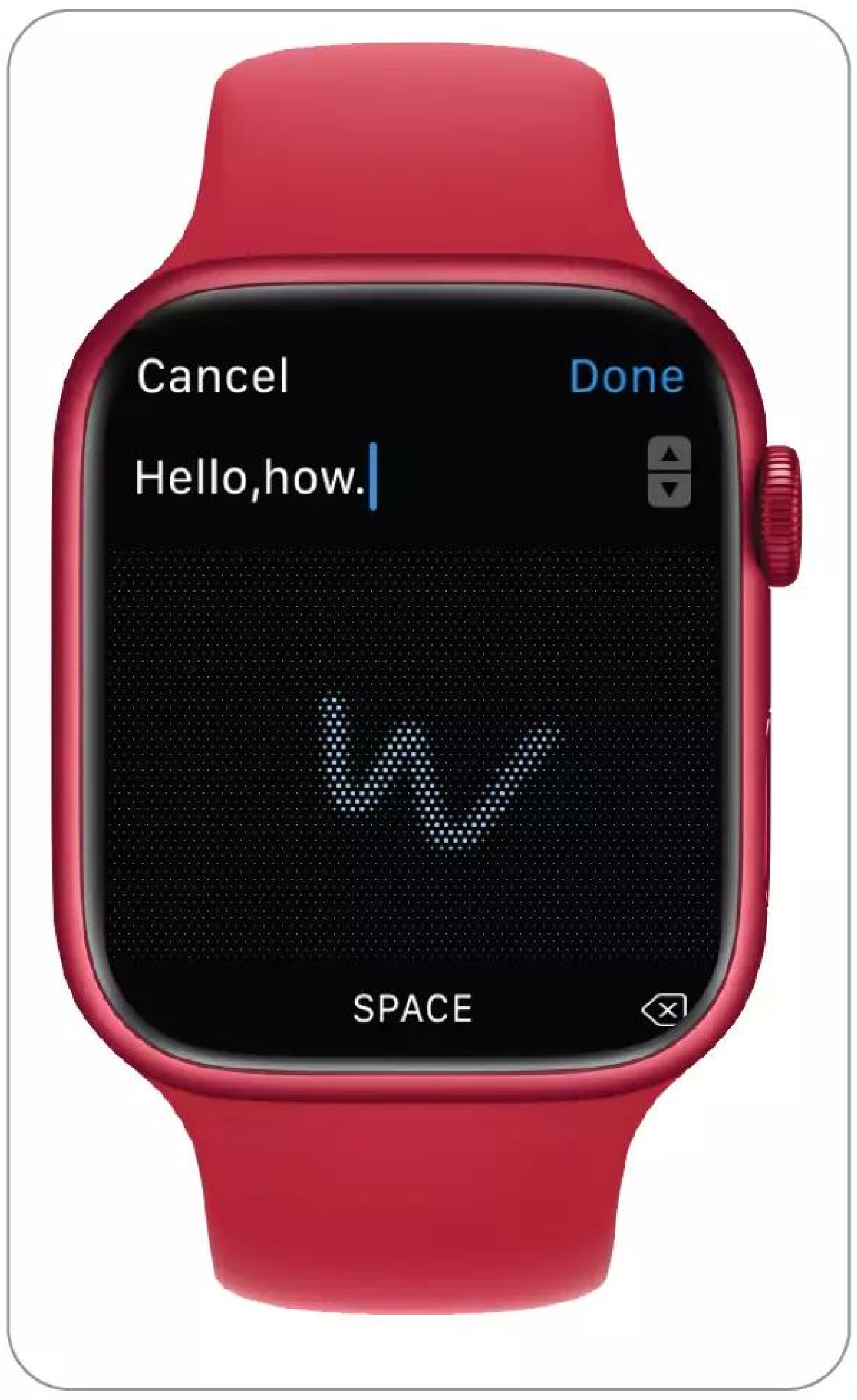


4 Scroll up the screen shown in the previous step for 'Suggestions'; short, ready-made messages that you can send without having to type them. Just tap one and it's sent straight away, with no further prompting involved.



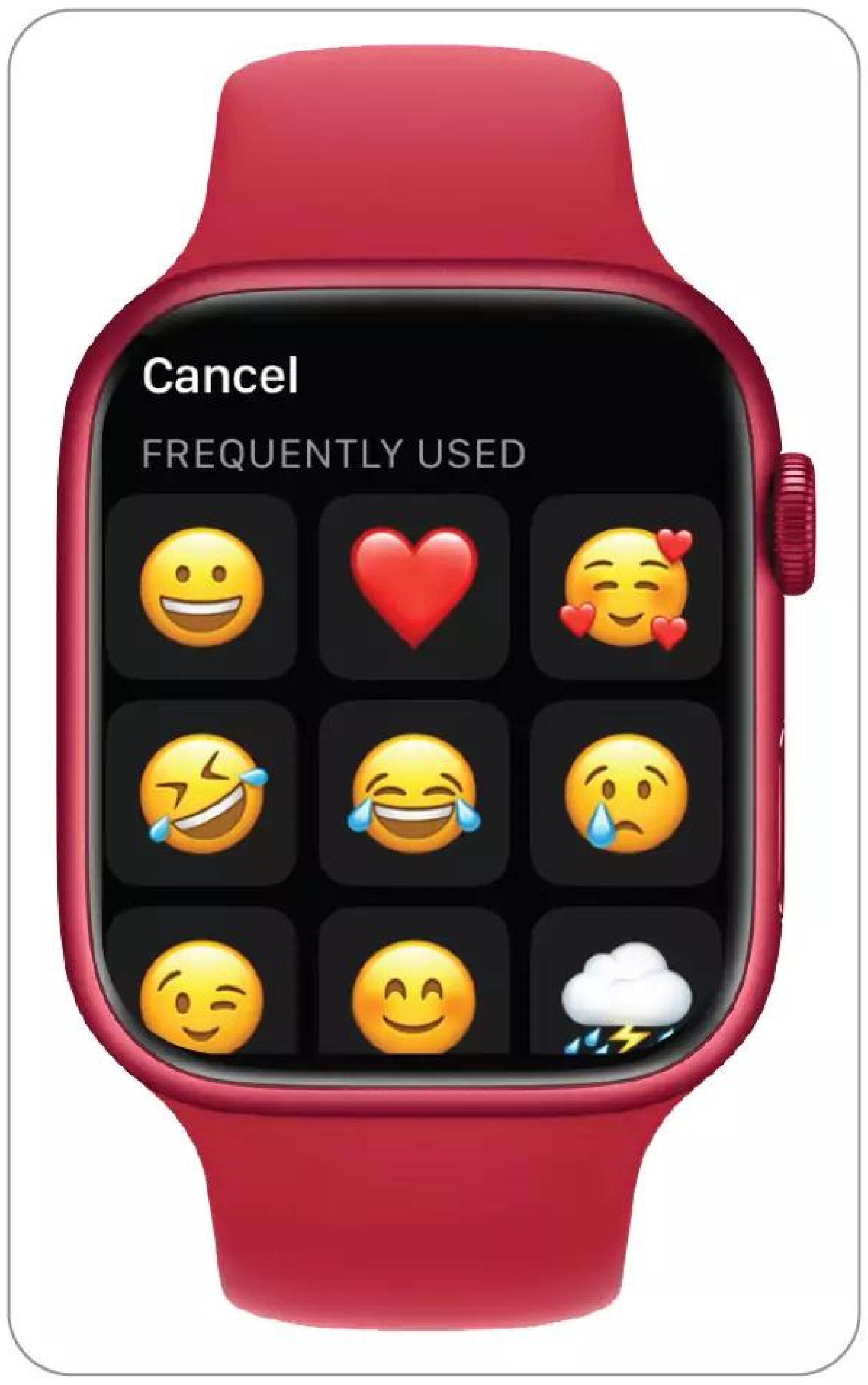
Hello how are you today? Are you

5 There are several ways to produce and send a message that isn't covered by the suggestions. Use the microphone button to use speech to text, speaking punctuation, eg. 'Hi <i>comma</i> how are you <i>question mark</i>'.

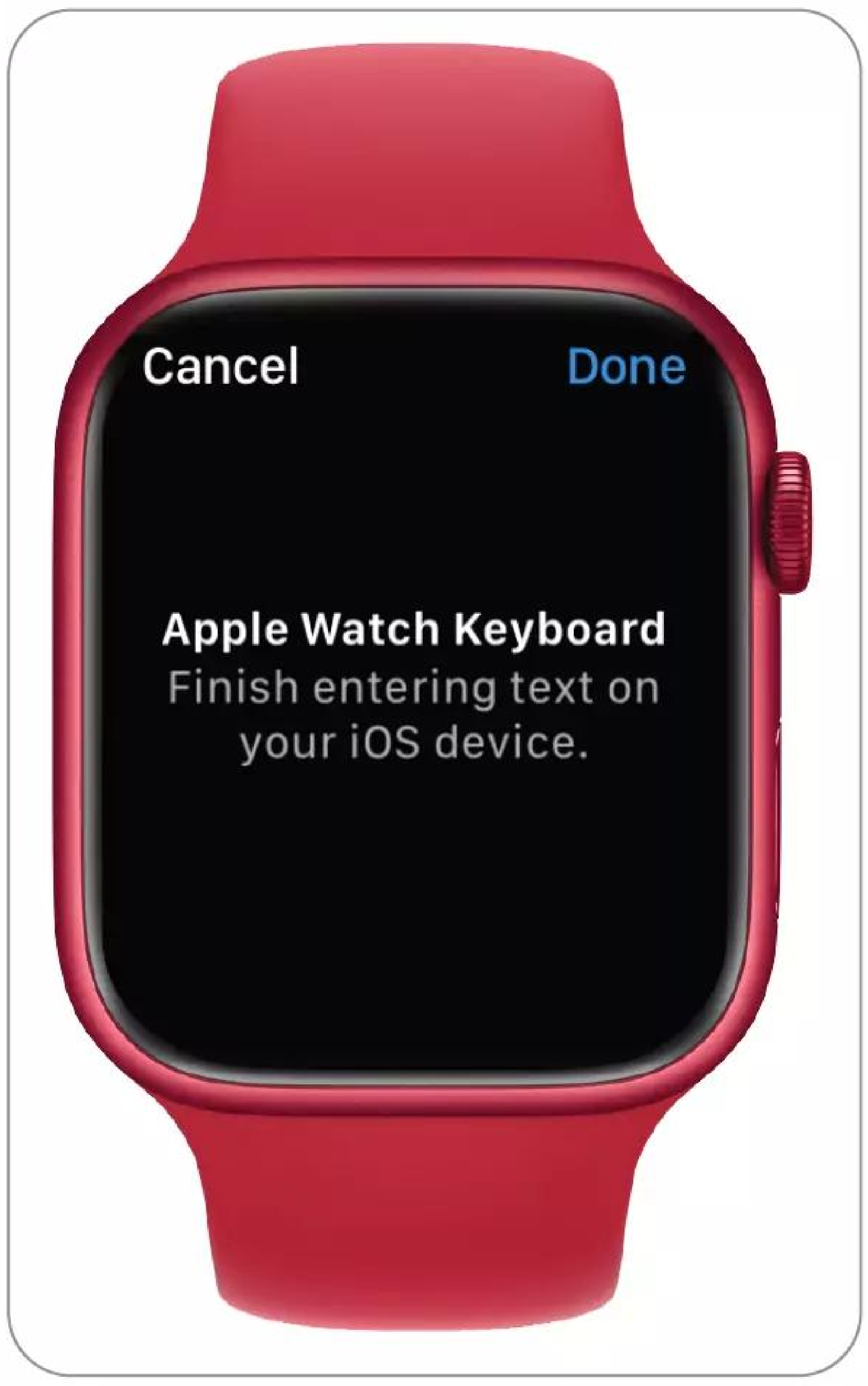


Hello,how.

6 Next to the mic button is the Scribble button. Tap it and you can write your message with your finger, one letter at a time. Unfortunately, Scribble isn't available in every language, but it's great if you have it.

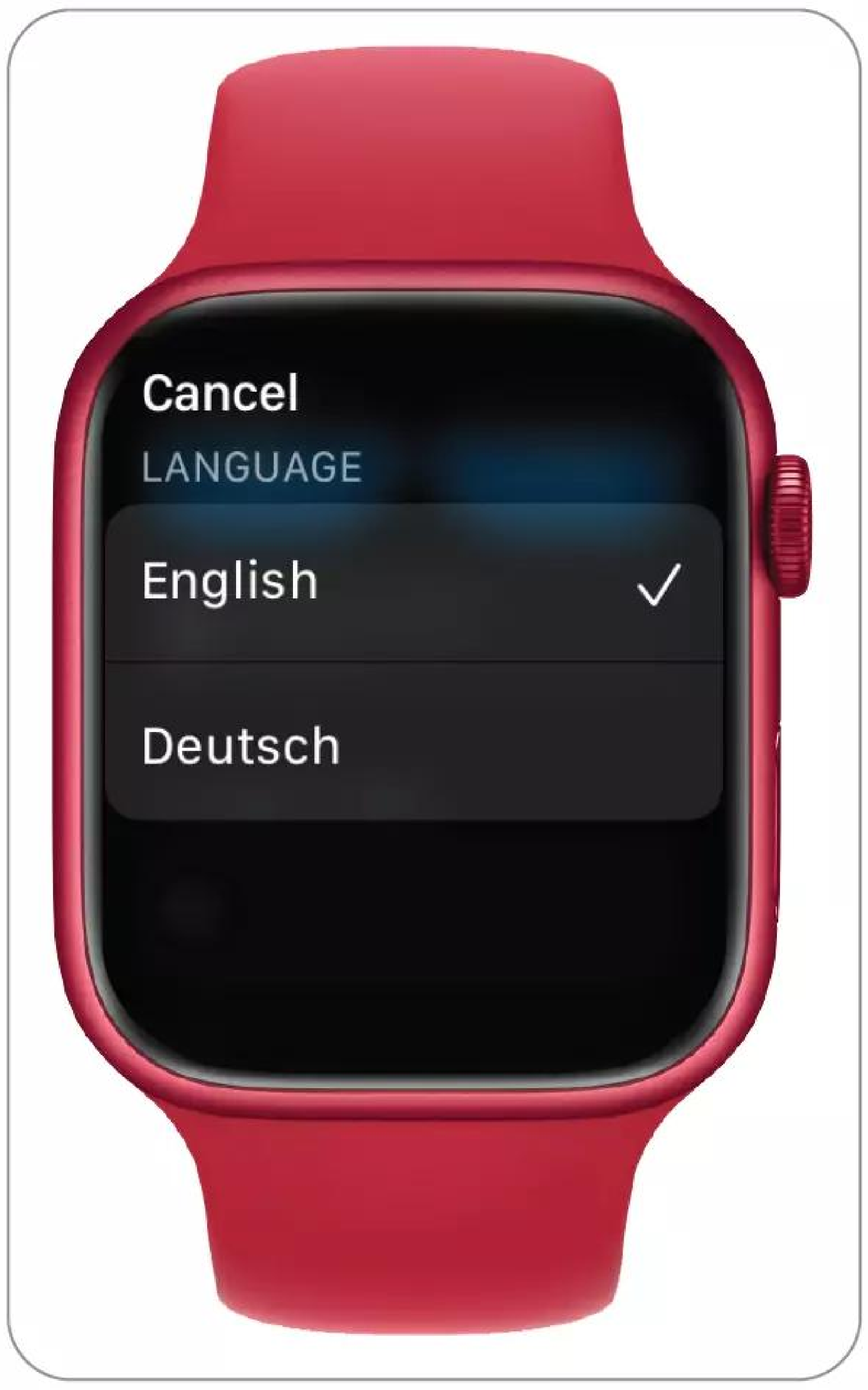


7 The third button is a smiley face. Tap it and you can send an emoji as a message. Emojis you frequently use are at the top, and if you scroll with the Digital Crown, you'll see categories of emojis to choose from.



Apple Watch Keyboard
Finish entering text on your iOS device.

8 The final button shows a keyboard. Tap this button and you're invited to type the message on your iPhone's iOS keyboard. Hopefully one day, Facebook Messenger will make use of the Apple Watch's own keyboard.



9 There's another option on the Reply screen. This is a button marked Language. Tap it and you can choose between all the languages you have installed on your Apple Watch. Just tap the one you want to use.

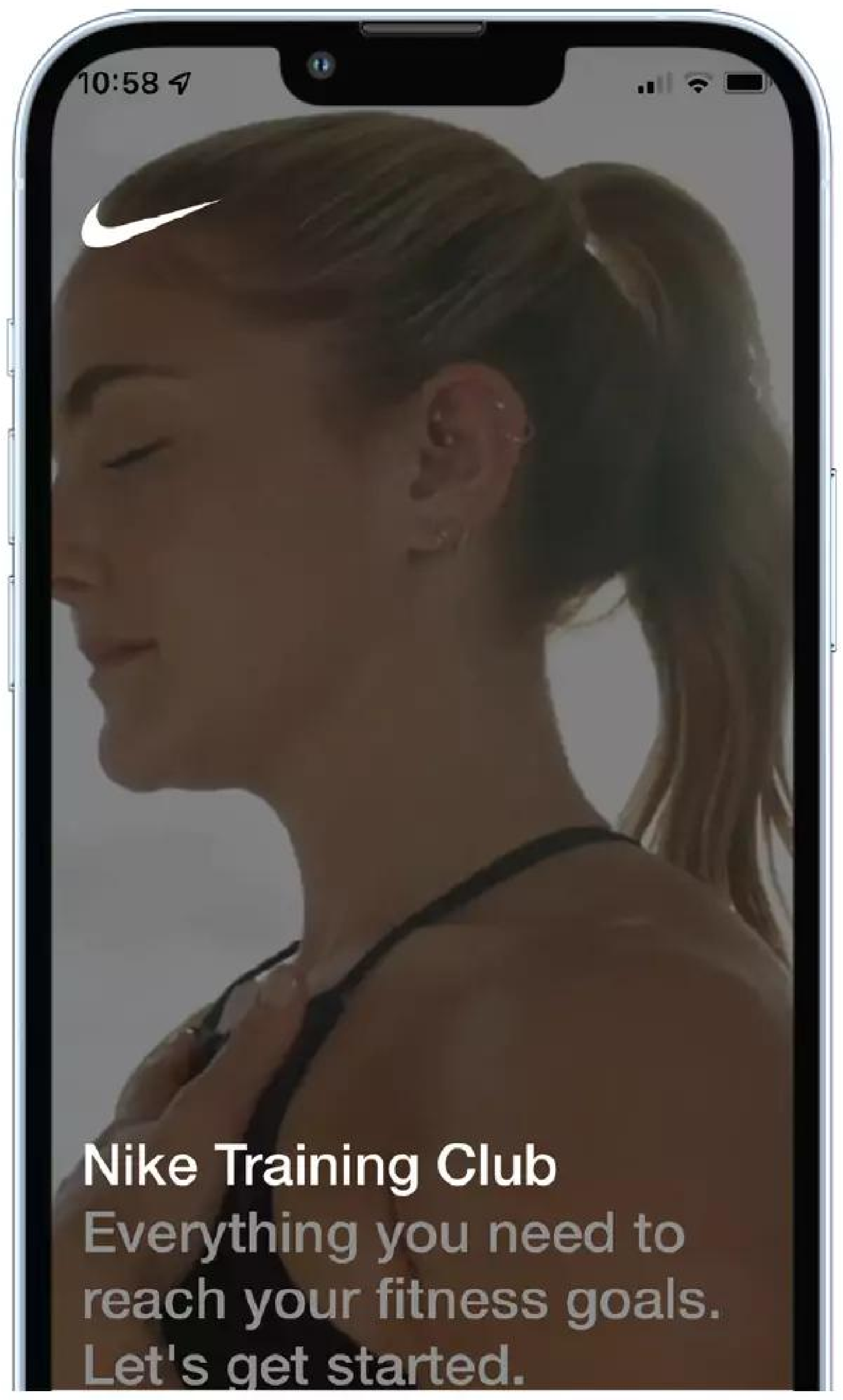
Nike Training Club

According to Nike, the Nike Training Club app is 'one of the smartest training tools available'. It's free, and it packs in more than 180 workouts, covering a range of physical exercises designed to build strength, mobility, endurance and more. The app now has a great Apple Watch component too.

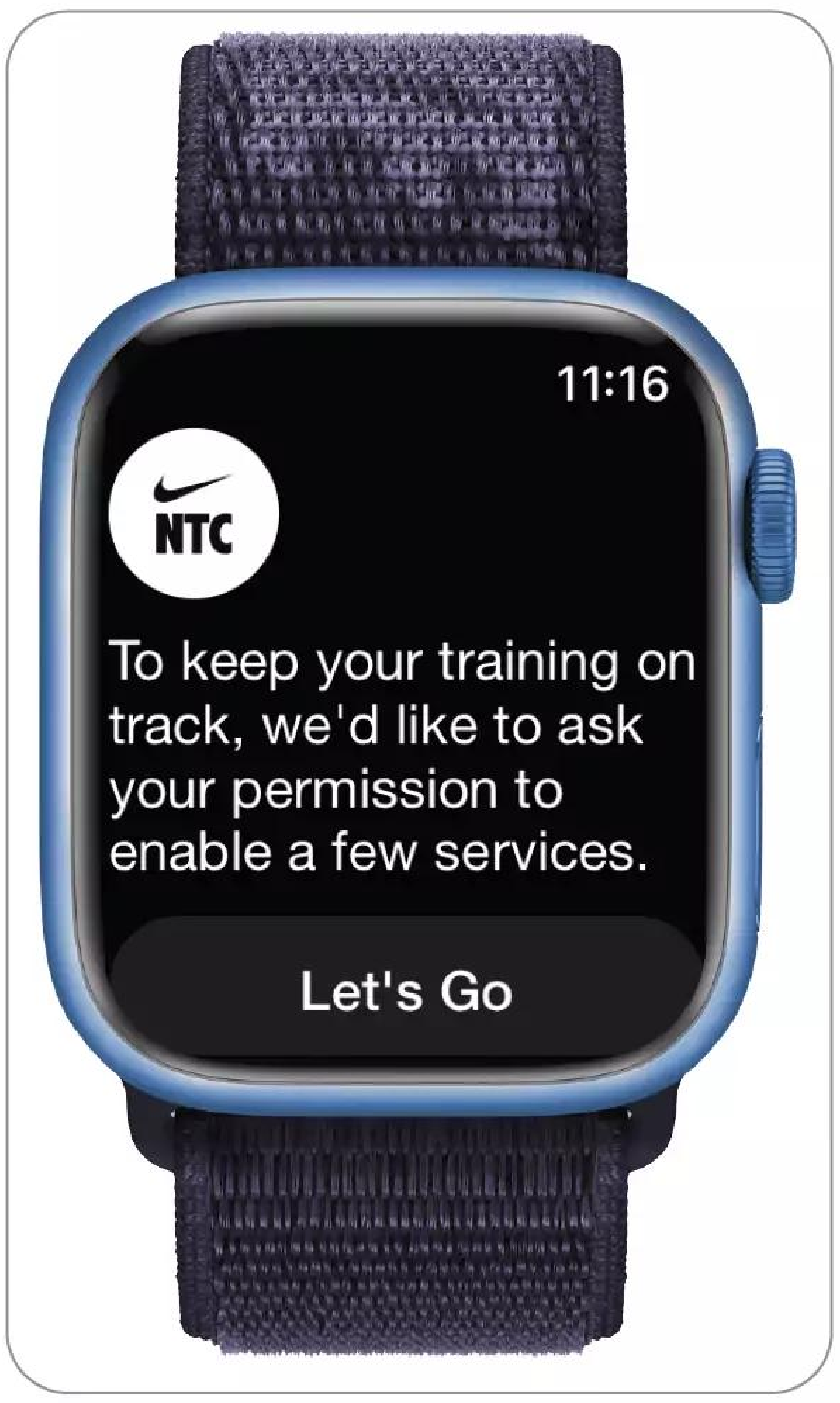
Paused
12:24
1:01
Duration
Resume
End

From iPhone to Watch

You start a Nike workout from the app on your iPhone, but when you're up and running, you can continue on your Apple Watch, so you don't have to keep looking at your phone during training. Here's how it all works.

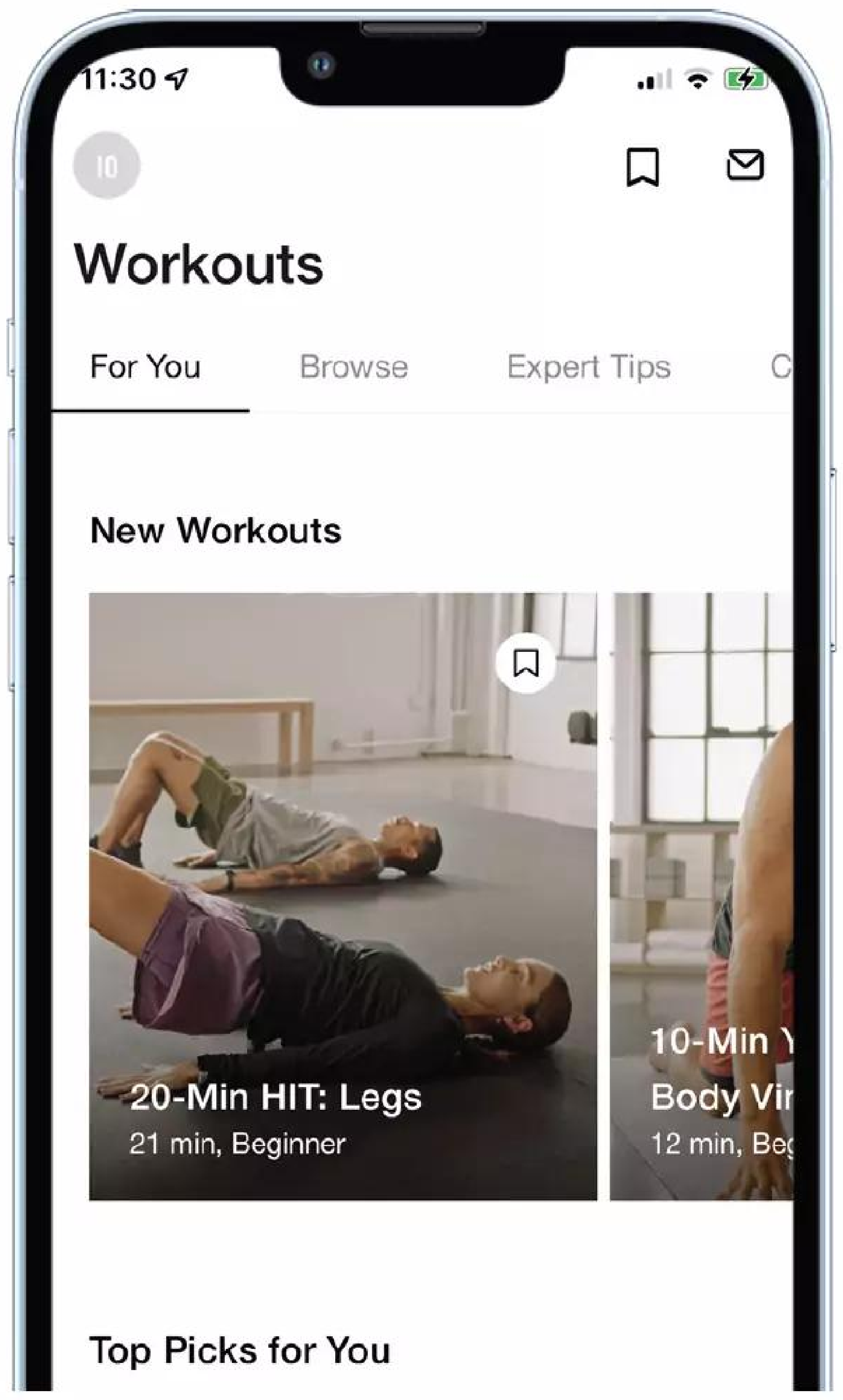


Nike Training Club
Everything you need to reach your fitness goals. Let's get started.


11:16
NTC

To keep your training on track, we'd like to ask your permission to enable a few services.

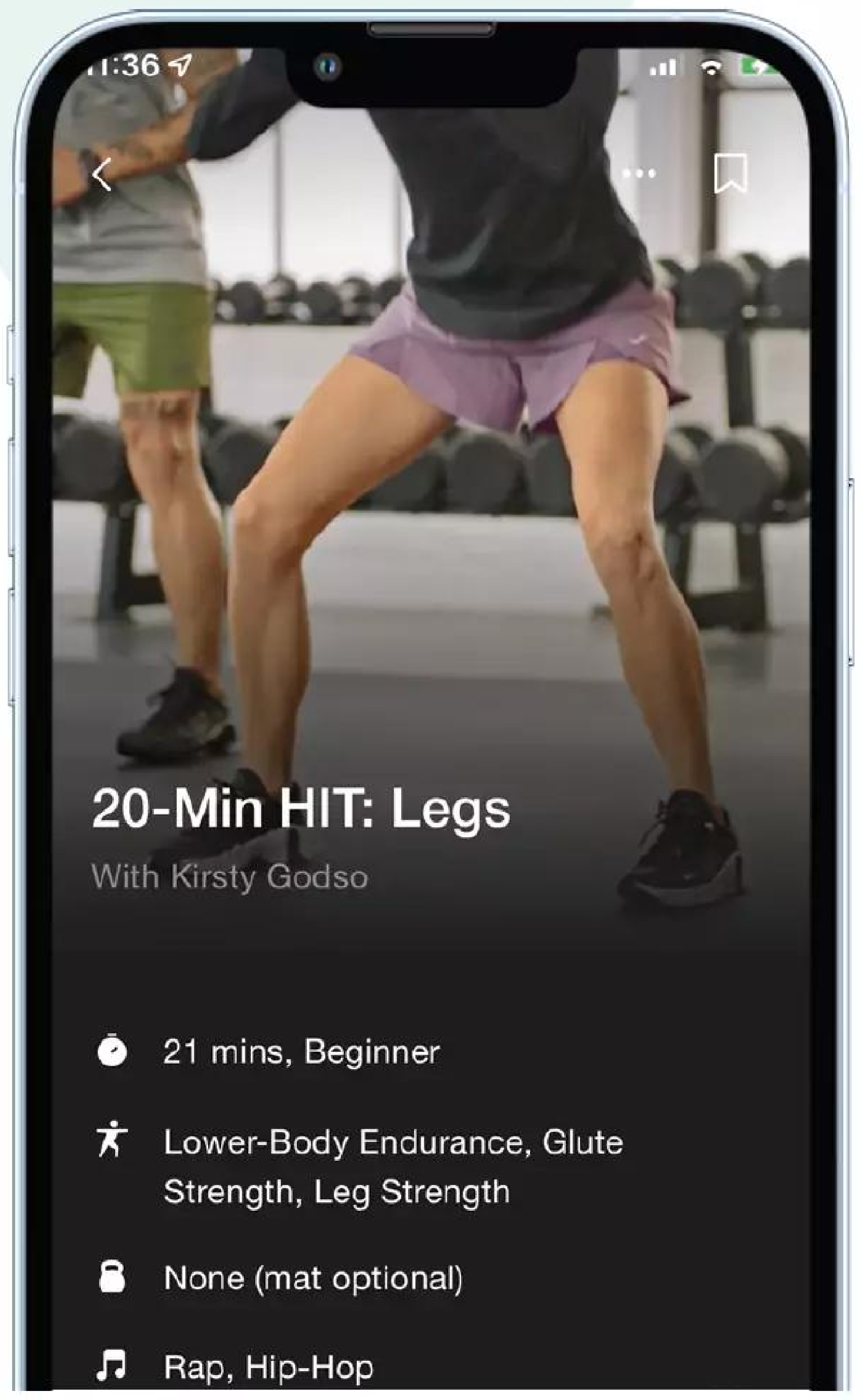
Let's Go


11:30
Workouts
For You
Browse
Expert Tips
New Workouts
20-Min HIT: Legs
21 min, Beginner
Top Picks for You

1 After downloading the Nike Training Club app from the App Store, on your iPhone, open the app from the Home screen. If you don't already have an account, tap Join Us and sign up for one now.

2 On your Apple Watch, open the Nike Training Club app. You're invited to allow the watch app to access certain information from the Health app. You can choose what you allow, or permit access to everything it requests.

3 Go back to the iPhone Nike Training Club app. The For You section shows workouts tailored to your needs. Browse lets you peruse the range of exercises, and so on. Tap a bookmark to save workouts.



20-Min HIT: Legs

With Kirsty Godso

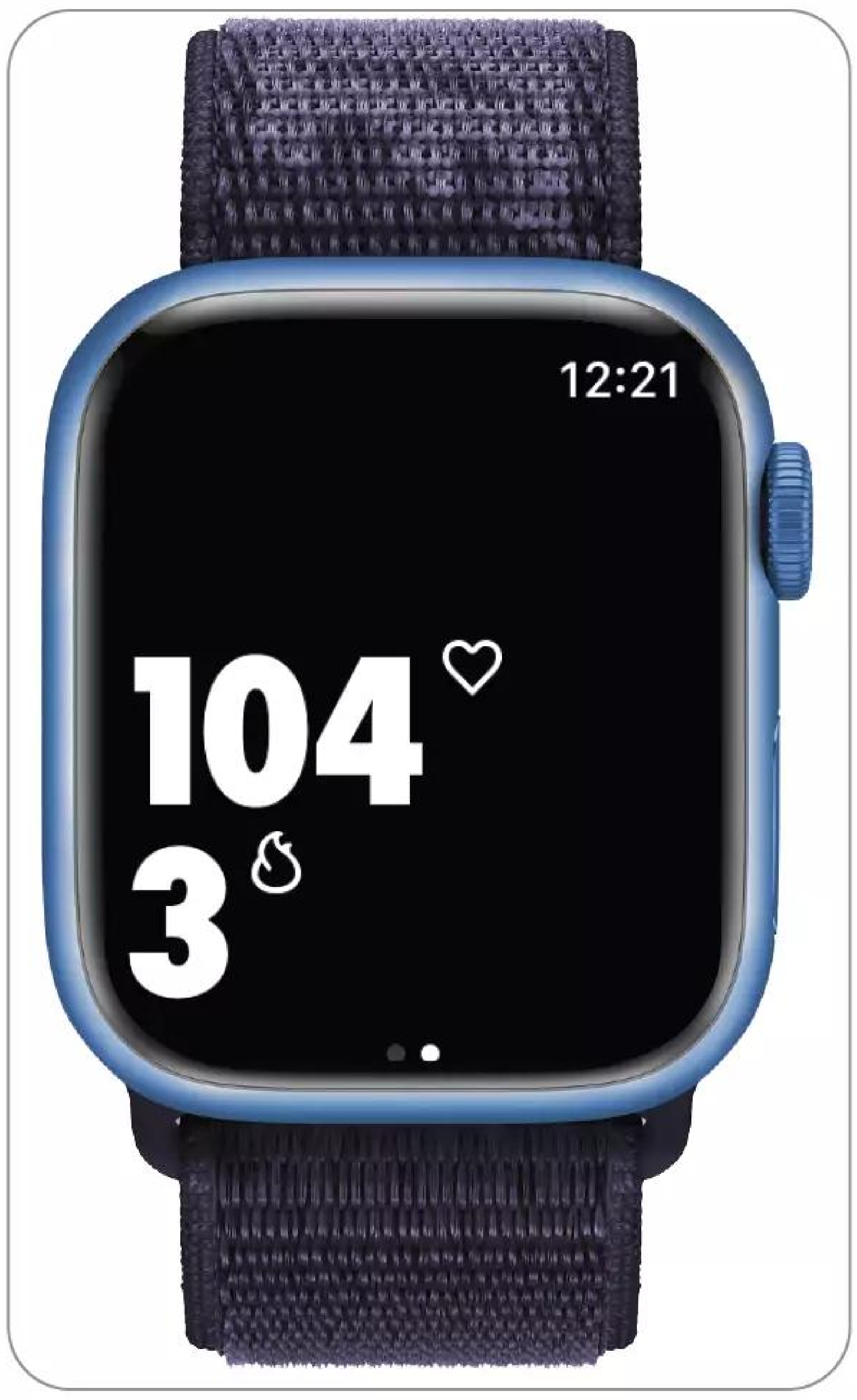
21 mins, Beginner

Lower-Body Endurance, Glute Strength, Leg Strength

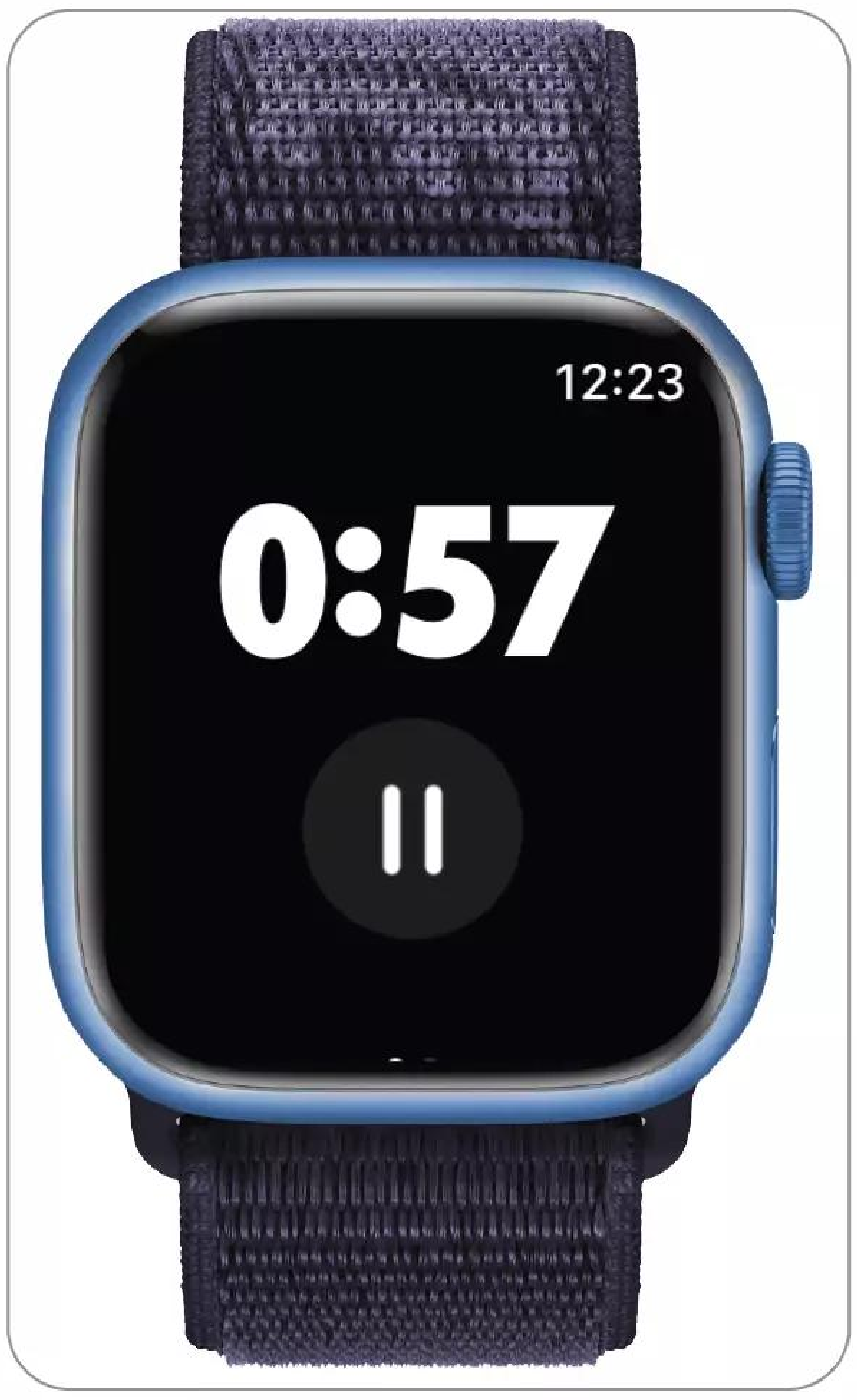
None (mat optional)

Rap, Hip-Hop

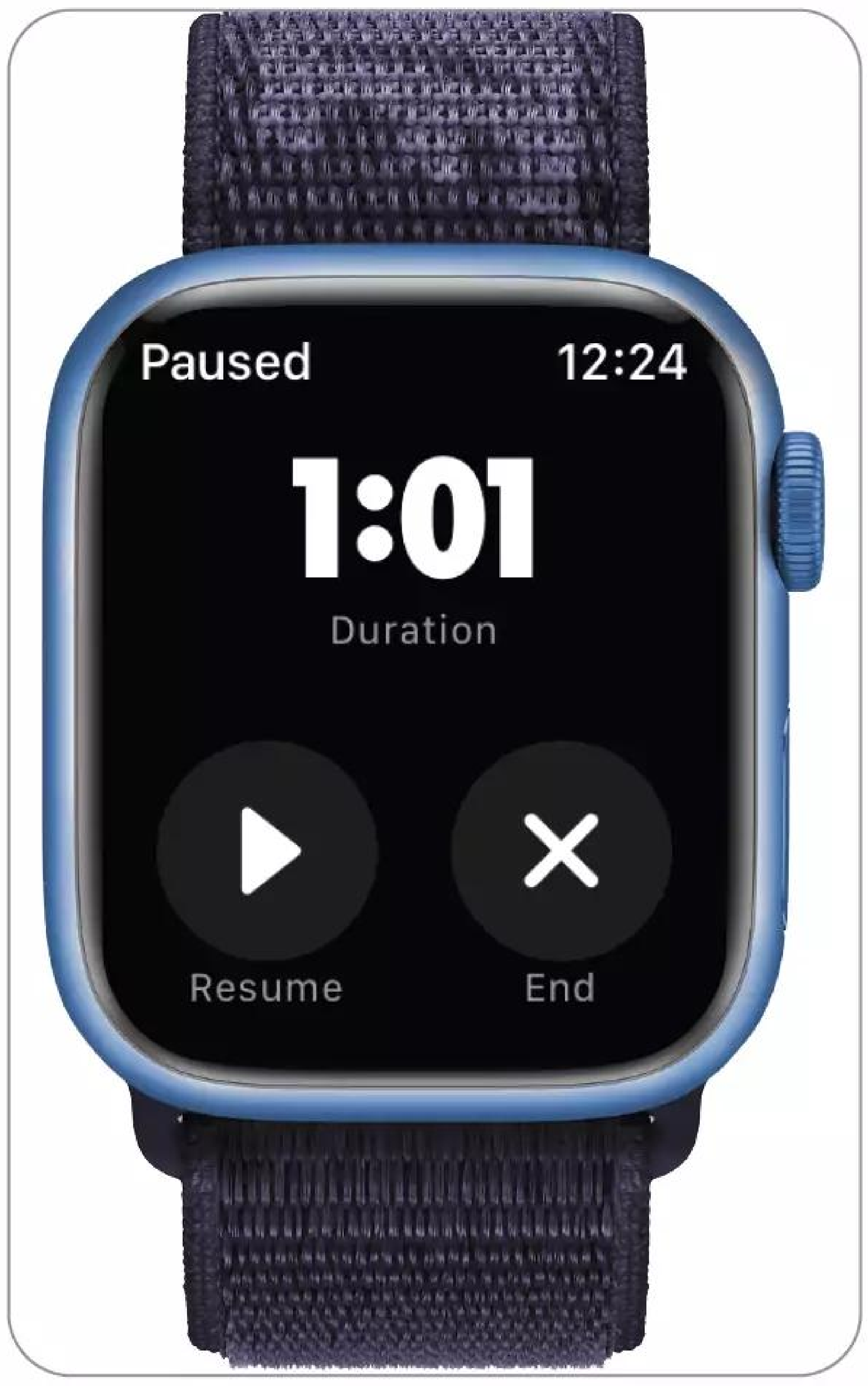
4 Choose a workout, and read about it before you start to exercise. Tap the musical notes icon (crossed out by default), and choose between having music from Apple Music (if you subscribe), or none, if you prefer quiet.



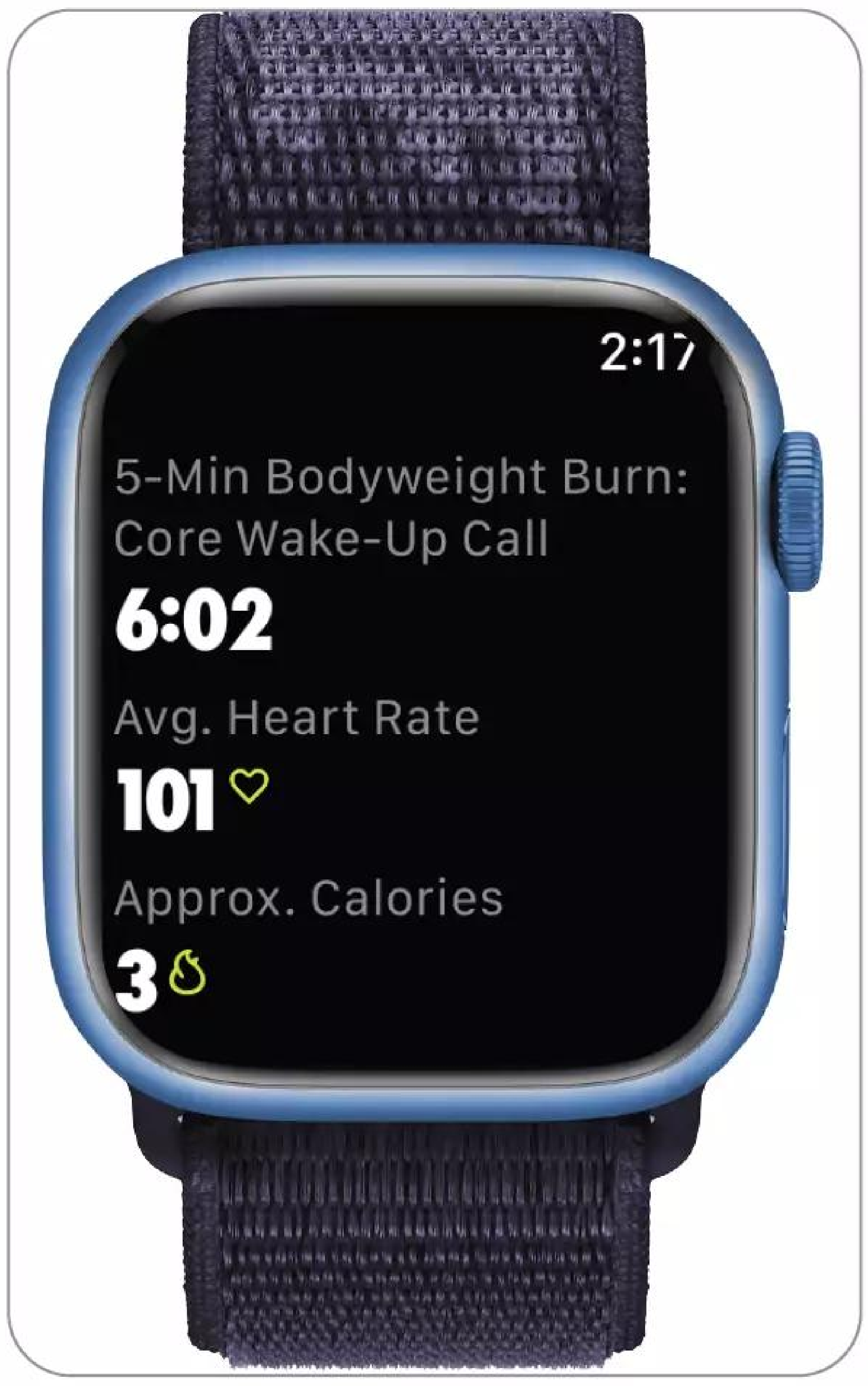
5 Tap the Start Workout button to begin your exercise. While the exercise video plays on your iPhone, showing you how to carry out the exercises, the app on your Apple Watch shows your heart rate and calories burned.



6 During your workout, you can swipe the Apple Watch screen to the right for this screen, which shows how long you've been doing the workout, and also gives you a pause icon; so you can suspend the exercise from your wrist.



7 When the exercise is paused, the main screen on your Apple Watch Nike Training Club app shows this screen. You can see how much of the exercise you've completed, and tap one of the icons to resume or end it.



5-Min Bodyweight Burn: Core Wake-Up Call

6:02

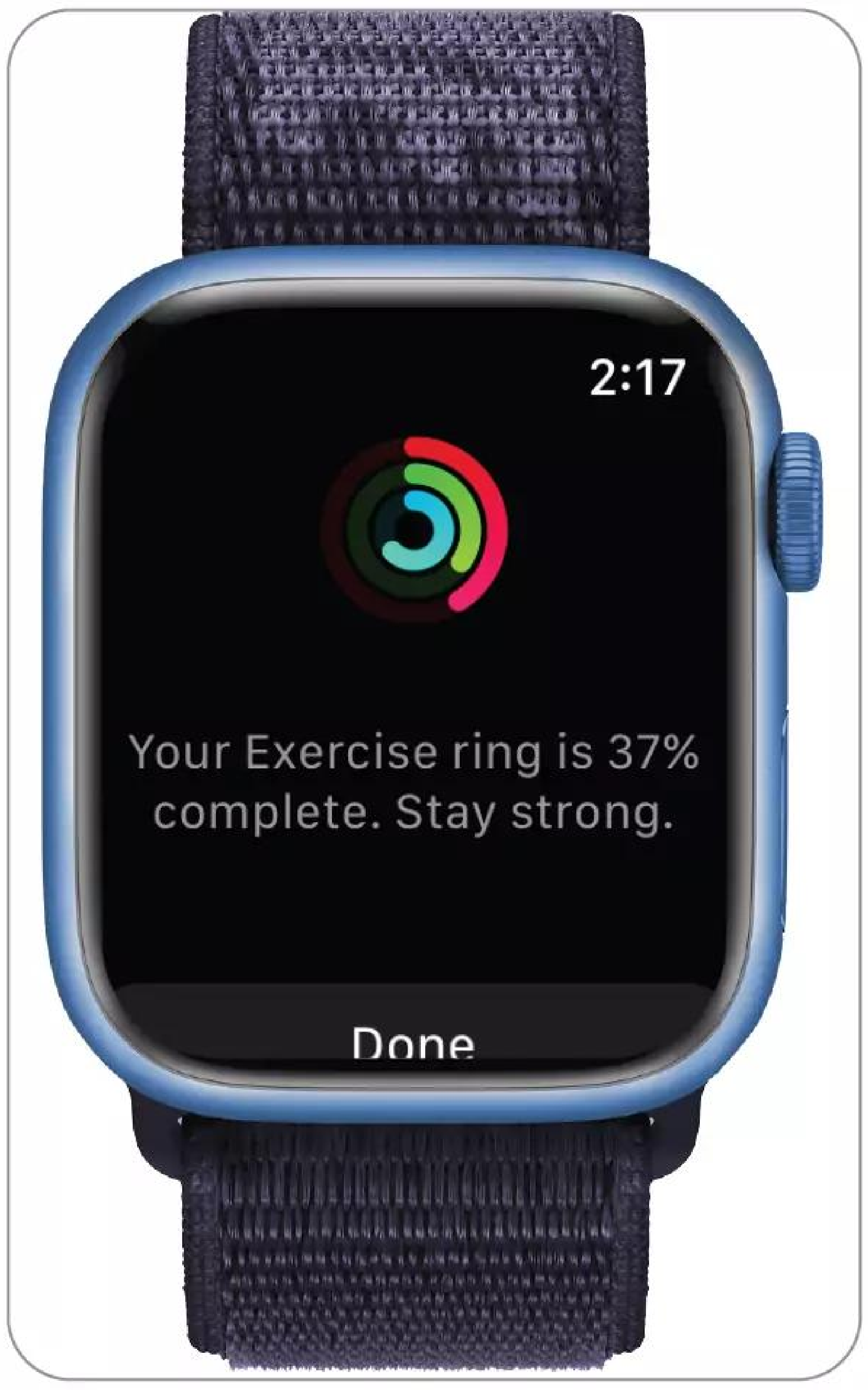
Avg. Heart Rate

101

Approx. Calories

3

8 At the end of an exercise – whether you finish it or end it prematurely – you're shown a results screen, giving you information such as the time you spent on the workout, your average heart rate and the calories you burned.



Your Exercise ring is 37% complete. Stay strong.

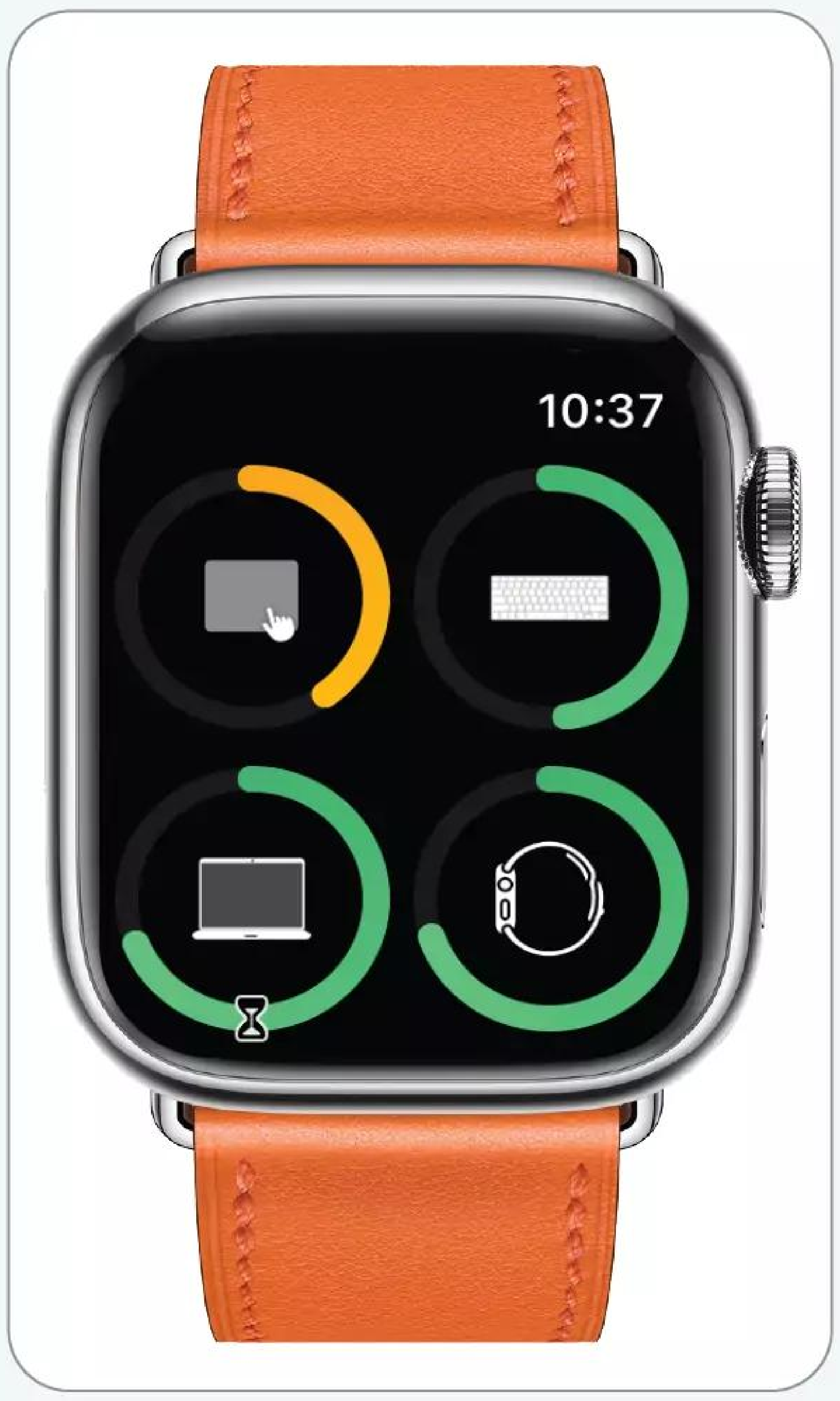
9 If you like to close your rings in the Activity app, scroll up from the screen in the previous step and you'll see how far each of your rings is from being closed. Tap Done when you've finished with this information screen.

Cloud Battery

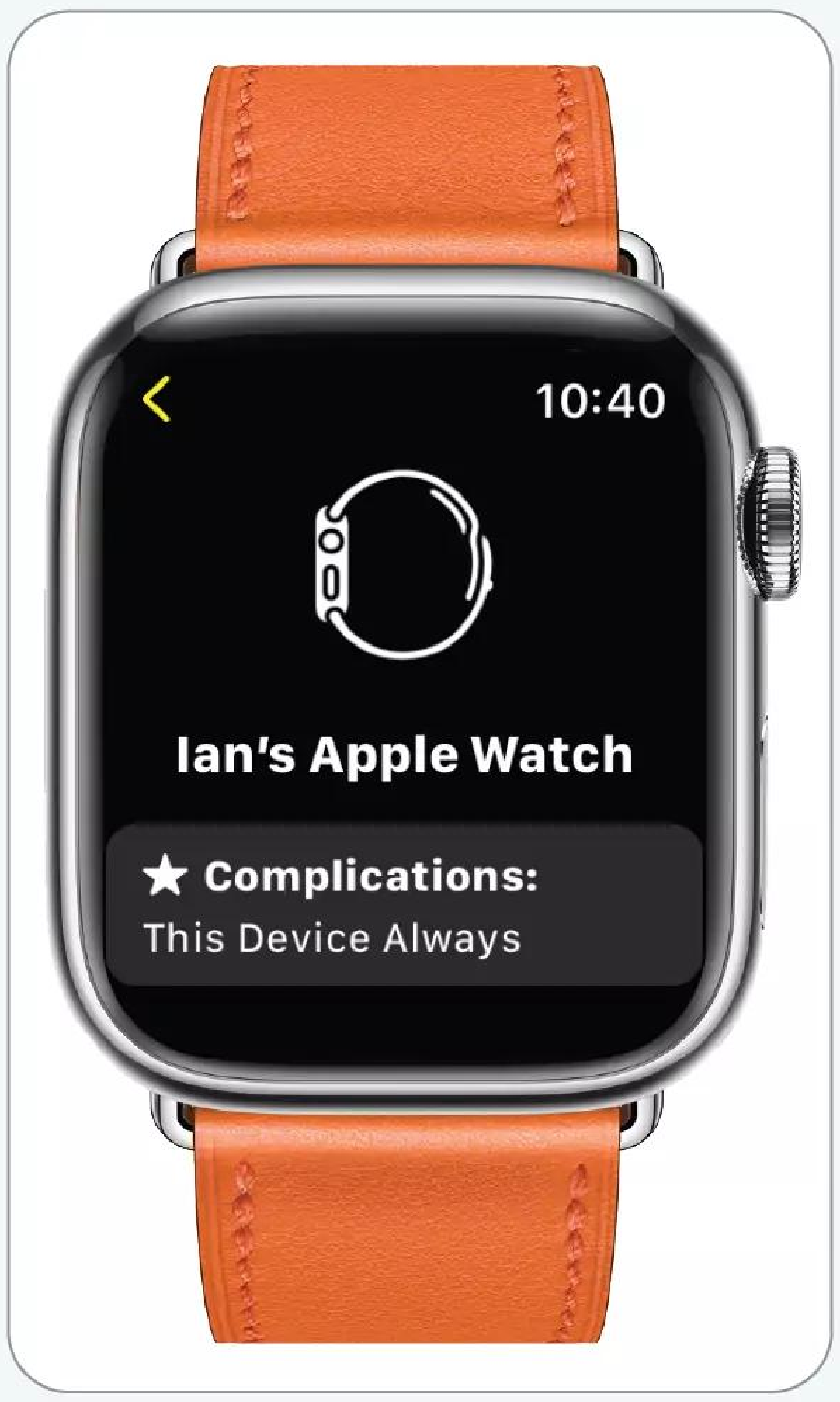
Cloud Battery is the perfect application for battery management. You just install it on each of your Apple devices – including your Apple Watch – and you can then see the current battery level on any of your Apple gear that's logged in to the same iCloud account. It even shows the power level on your Apple Pencil!

Checking Your Power Levels

Install the Cloud Battery app on your iPhone, and you get an Apple Watch component too. You can use this to see the power levels on your Mac notebook, iPad, iPhone, Magic Keyboard, Magic Trackpad and more.

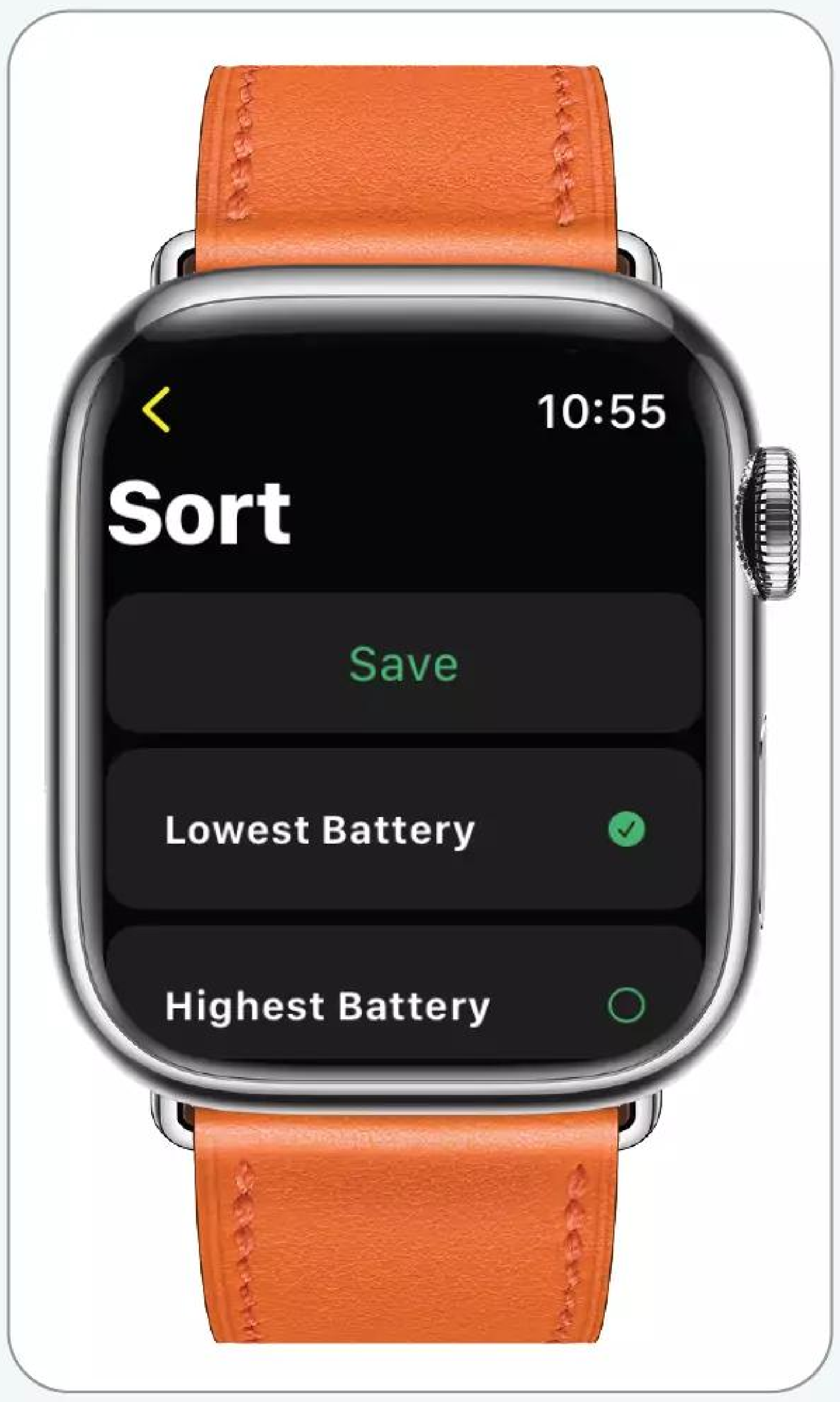


1 Open the Cloud Battery app on your Apple Watch, and you're shown the current battery levels of your Apple gear. Scroll with the Digital Crown for more. An hourglass icon means the device hasn't updated its power level recently.



★ Complications:
This Device Always

2 Tap a device. If you use Cloud Battery as a watch face complication, tap the box at the bottom to switch between having that complication show the battery level of the first device on the page, or the one you just opened.



Lowest Battery ✓
Highest Battery ○

3 Scroll to the foot of the main Cloud Battery page and tap the box marked 'Sort'. On this page, you can choose in what order your devices are shown, with various filters on offer, and also a custom option to place them yourself.

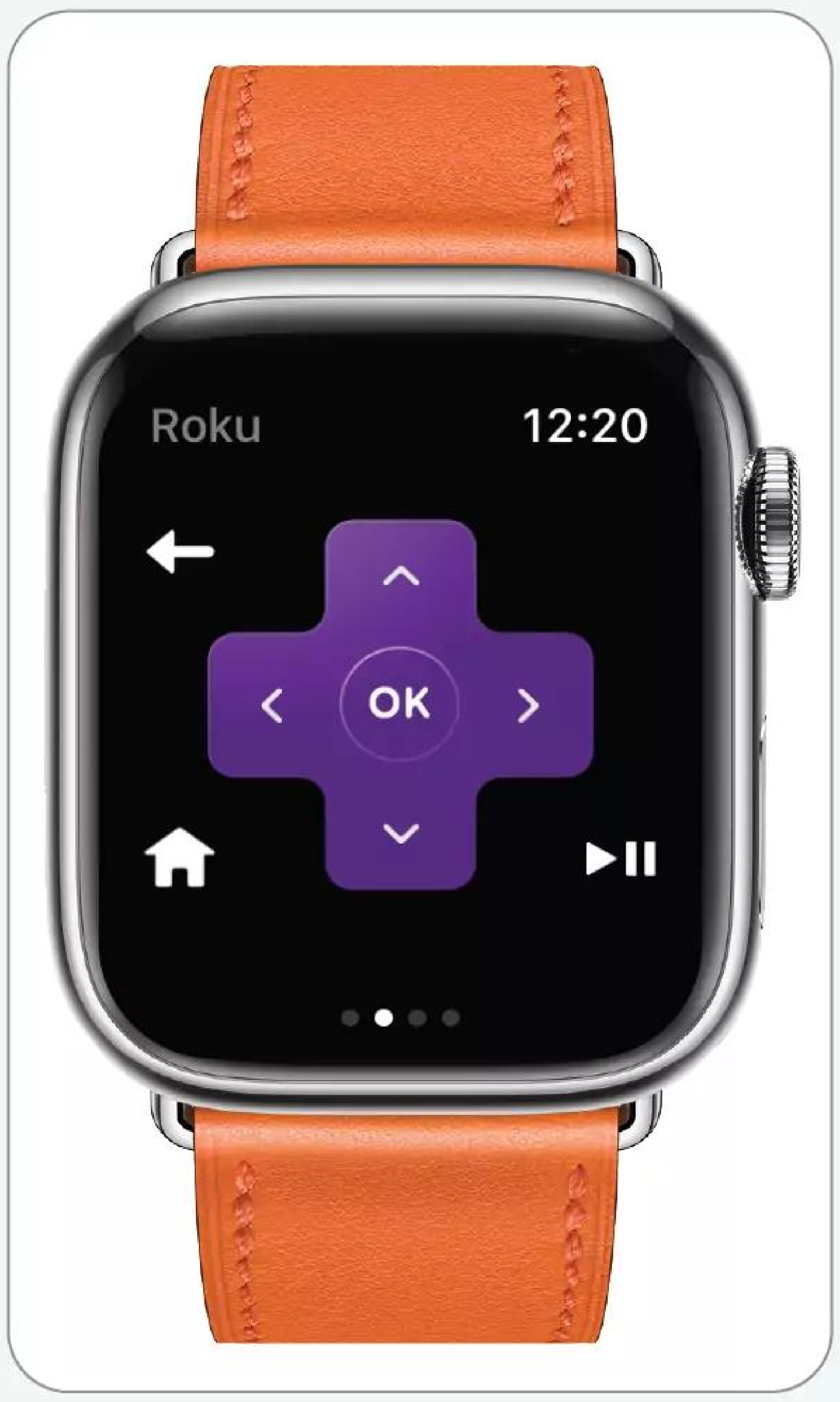
Controlling Your Roku Device

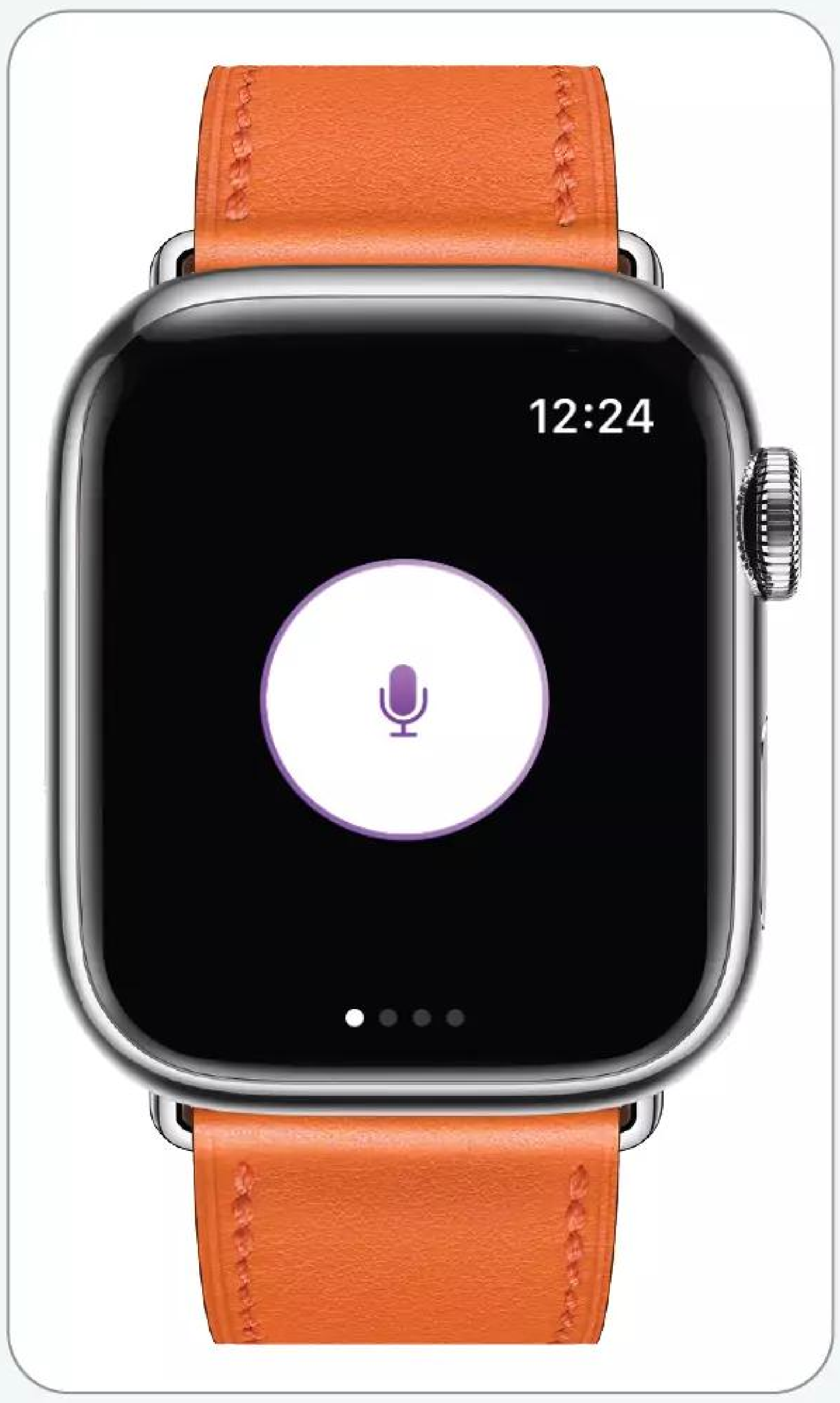
It's surprising how many modern media devices have iPhone apps that let you use your smartphone's screen as a controller, and some of them also have an Apple Watch component. You need never reach for your remote again! Here we show you just one such app controller, for the Roku media streamer.

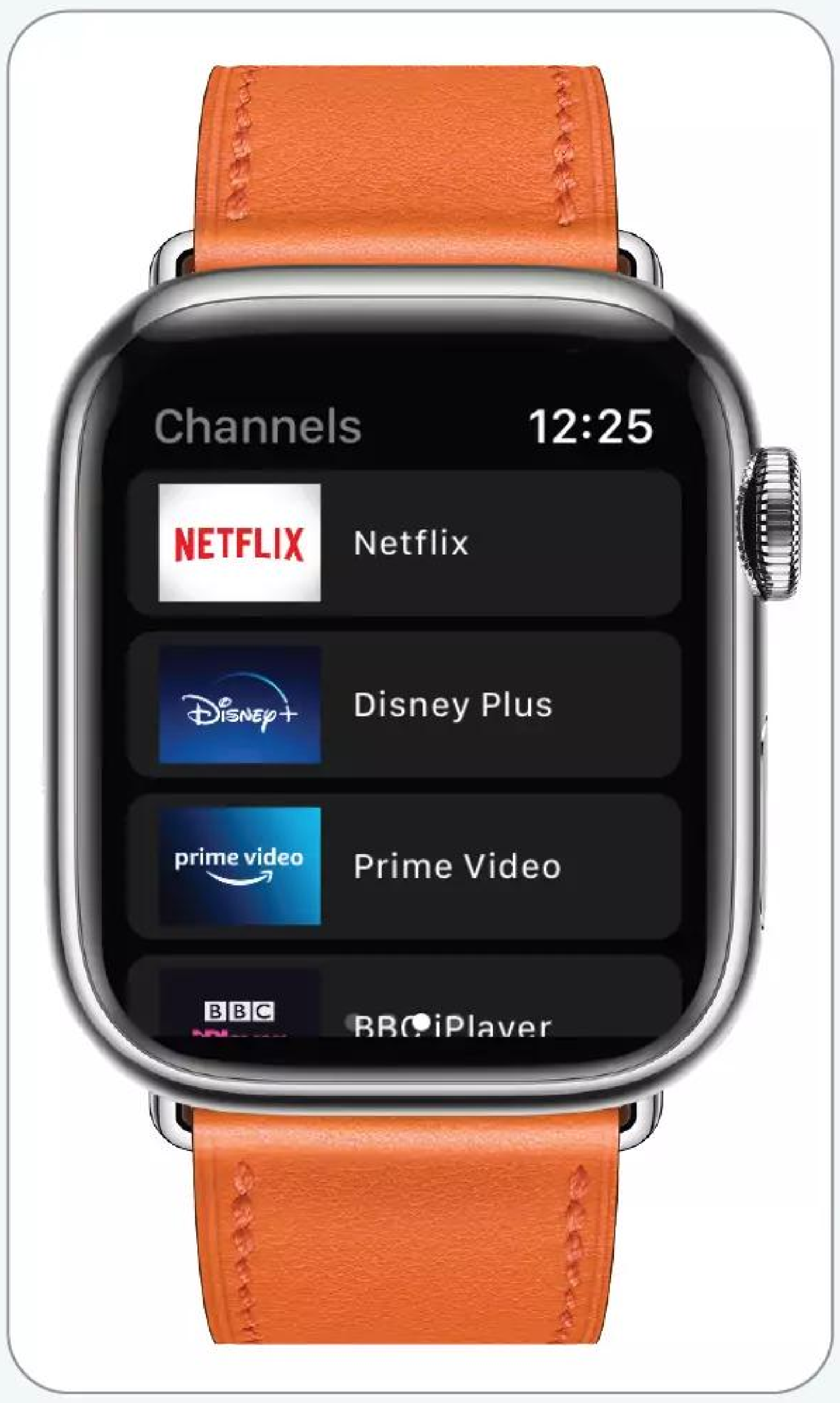
Roku
12:20
OK

Control Your Viewing

If you have a Roku device plugged into your TV, download the Roku app on your iPhone. Take a look for apps that service your other media gear, too; they might offer something similar to the Roku Apple Watch controller.







1 Open the Roku app on your iPhone and make sure it's connected to a Roku device that's switched on and running. Open the Roku app on your Apple Watch. The default screen is a functioning recreation of the Roku remote.

2 Swipe the screen right for the mic button. Tap this and allow the Roku app to use the Apple Watch's mic, and you can search for movies, TV shows, actors and genres using your voice. In our experience, it's unreliable though.

3 Swipe the screen left for a range of buttons that give quick access to streaming channels. They work like the buttons on your remote, but there are more of them to choose from. Swipe left again for information about the app.

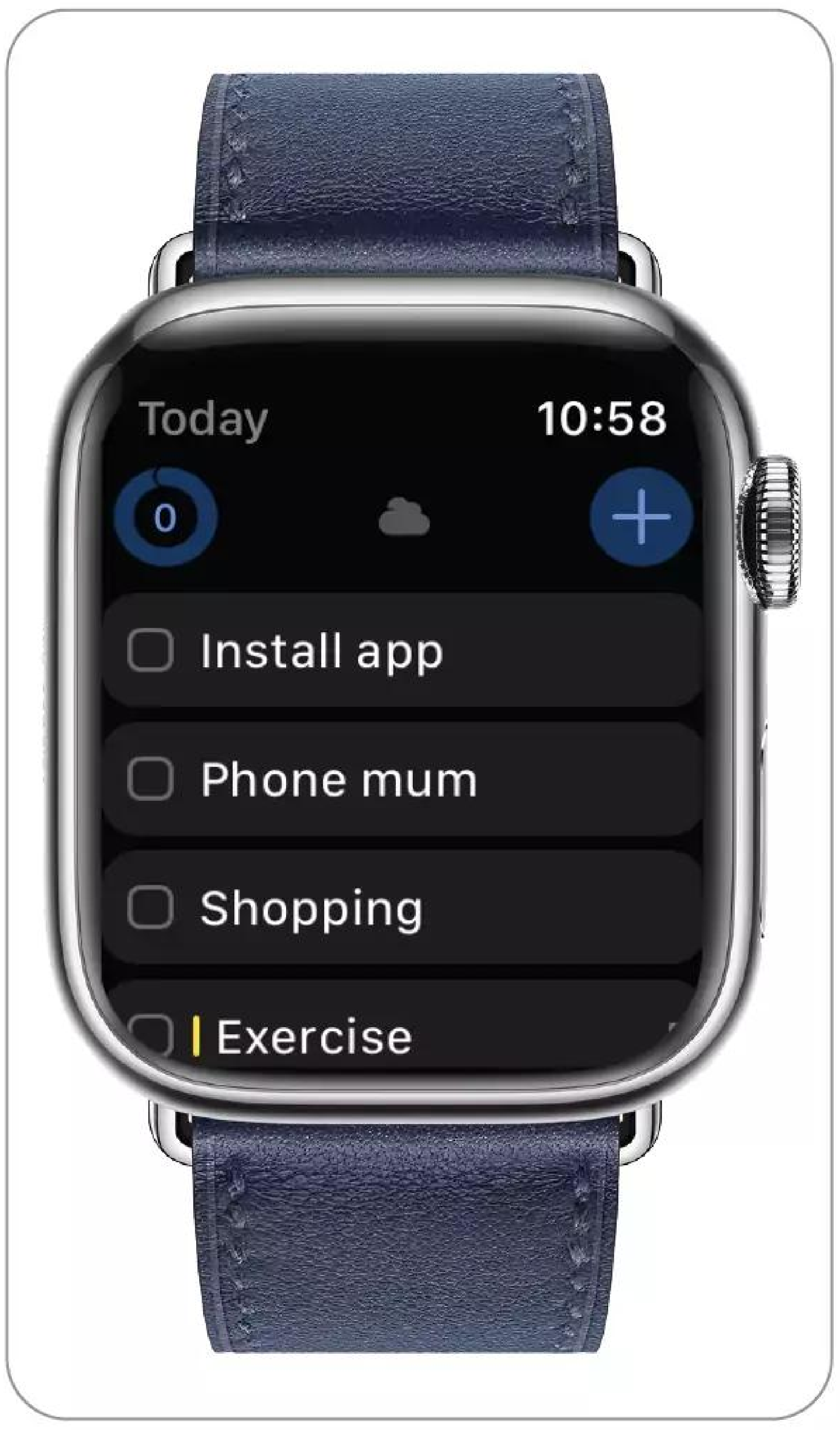
Things for Getting Stuff Done

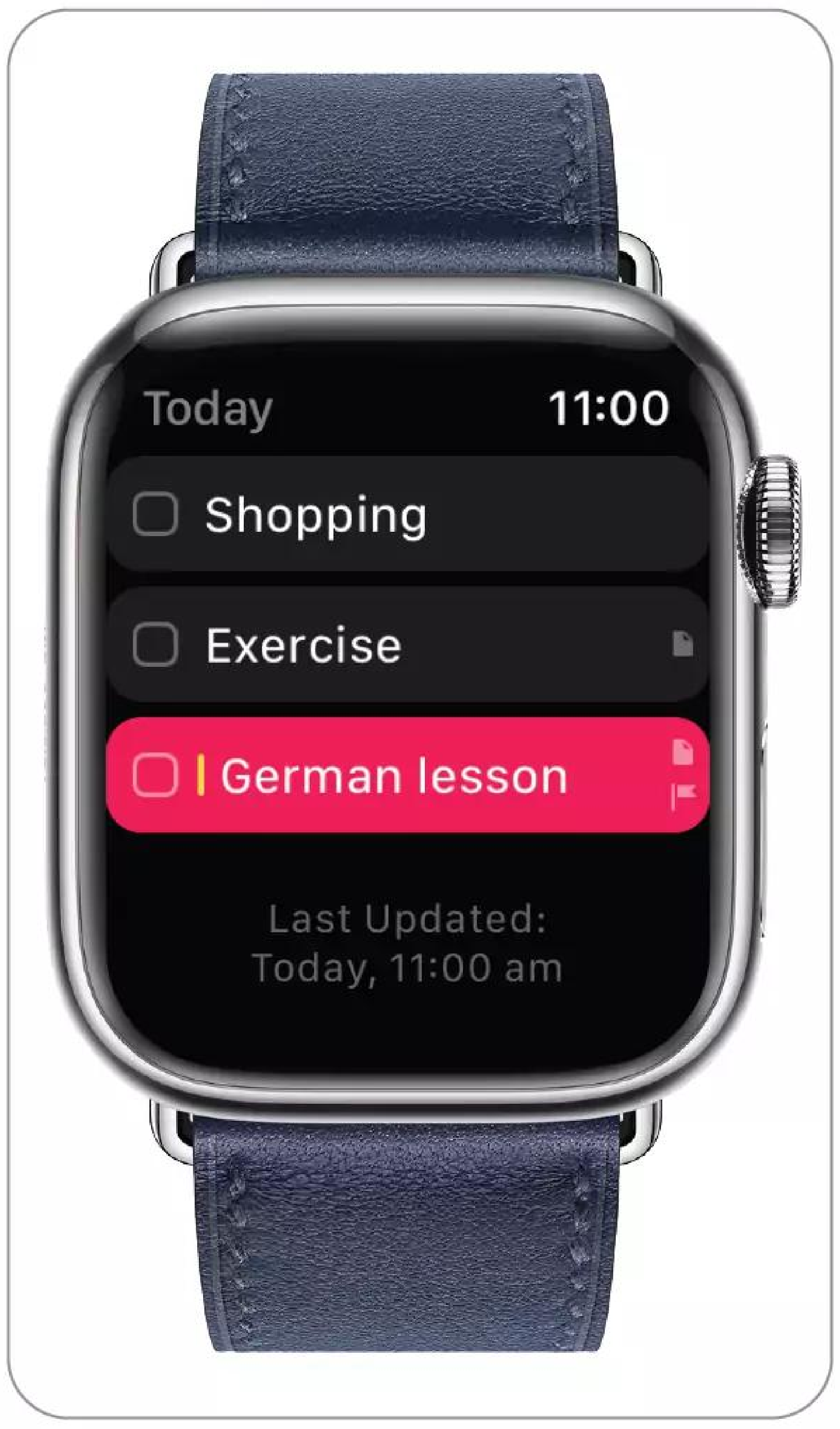
Things is one of the most respected GTD (getting things done), apps that's available for Apple gear. You can get it on the Mac, iPad, iPhone and Apple Watch. Install the iPhone app, and if it doesn't install on your watch automatically, go to the iPhone's Watch app and install it from the My Watch tab.

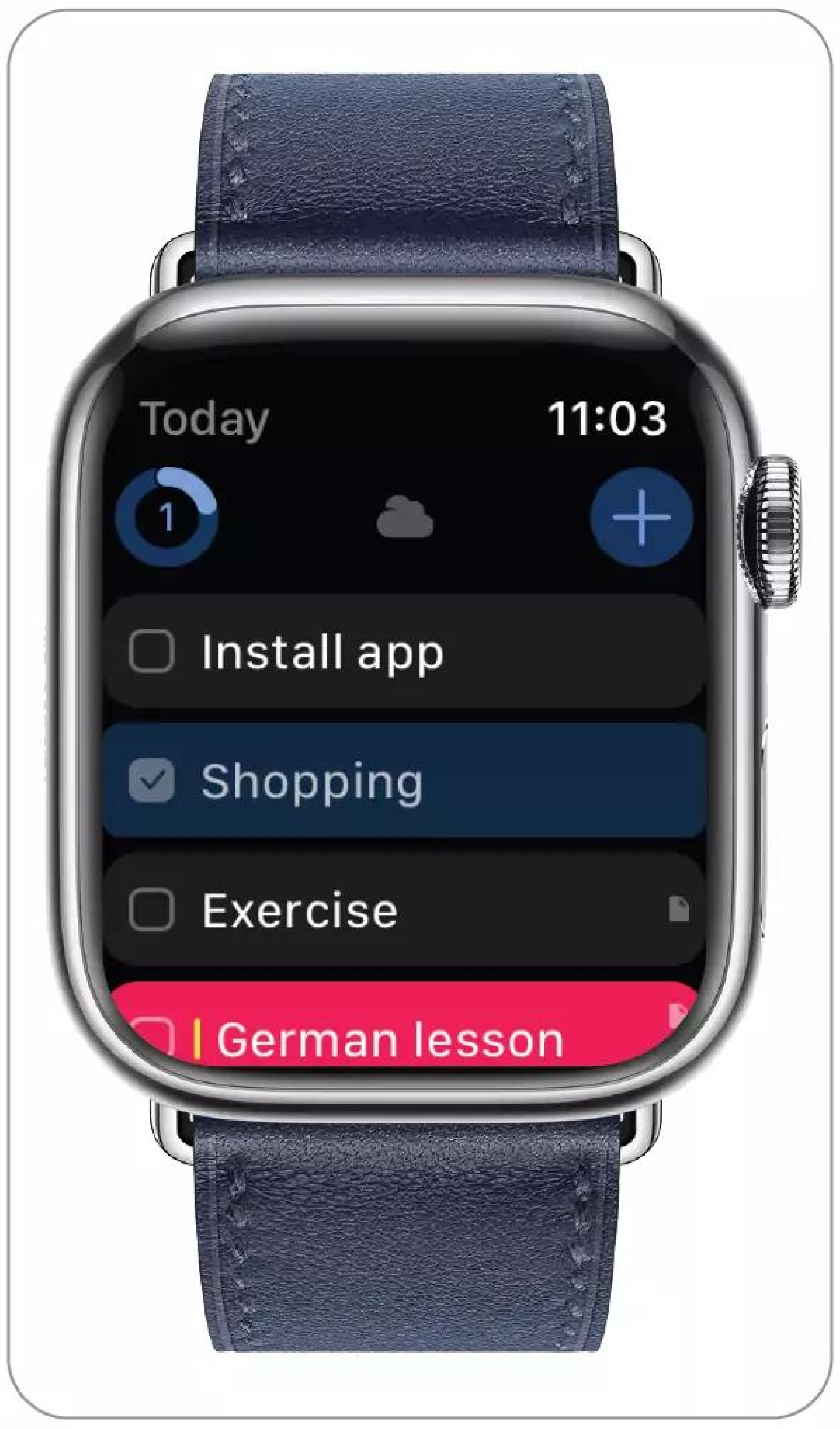
Today
11:00
Shopping
Exercise
German lesson
Last Updated:
Today, 11:00 am

Marking Things Done

The Things app on your Apple Watch shows what's currently listed in the Today section of your iPhone Things app. Tasks added on your iPhone (or other Apple devices, if you have them all synced), can be reviewed on your watch.


Today
10:58
0
Install app
Phone mum
Shopping
Exercise


Today
11:00
Shopping
Exercise
German lesson
Last Updated:
Today, 11:00 am

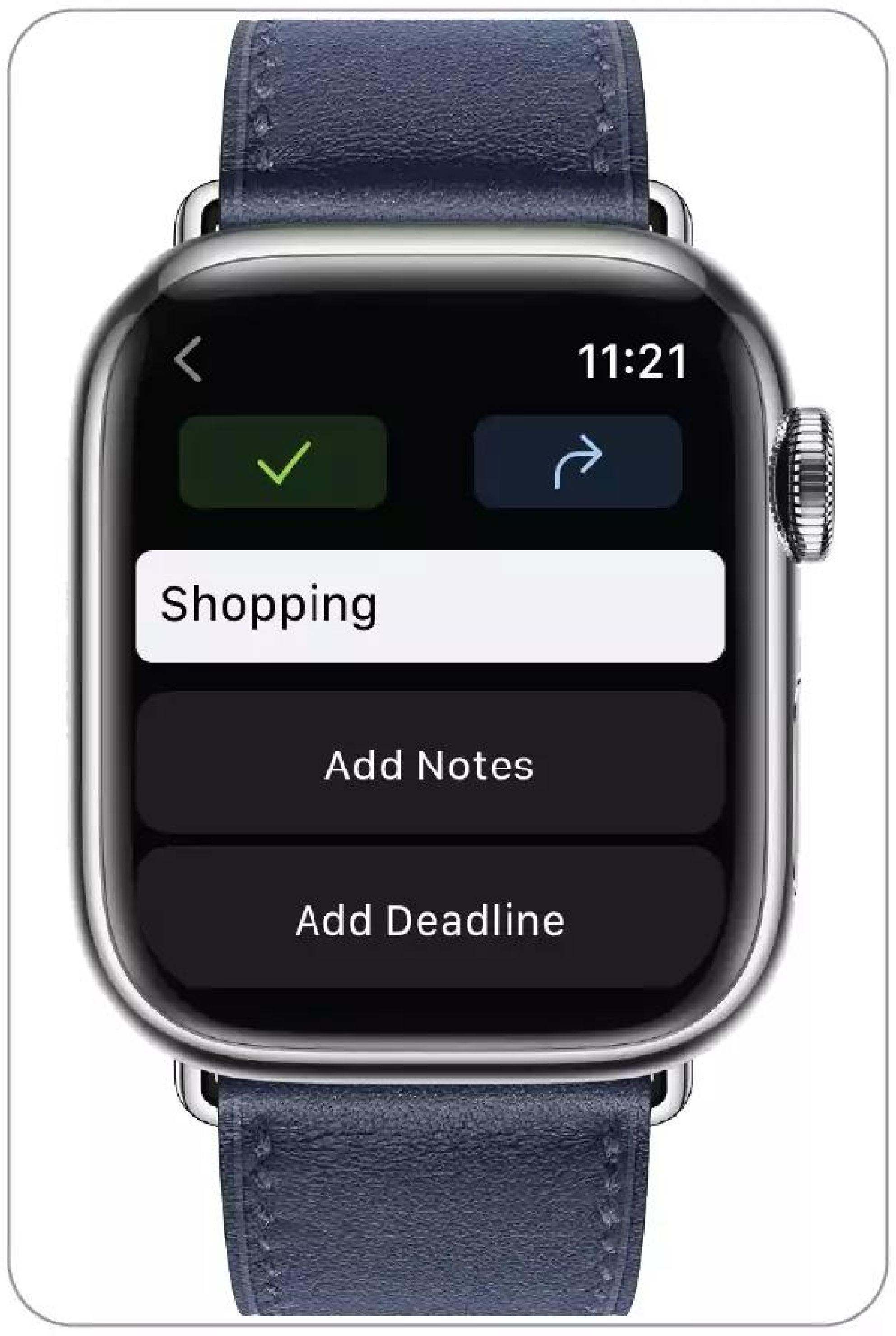

Today
11:03
1
Install app
Shopping
Exercise
German lesson

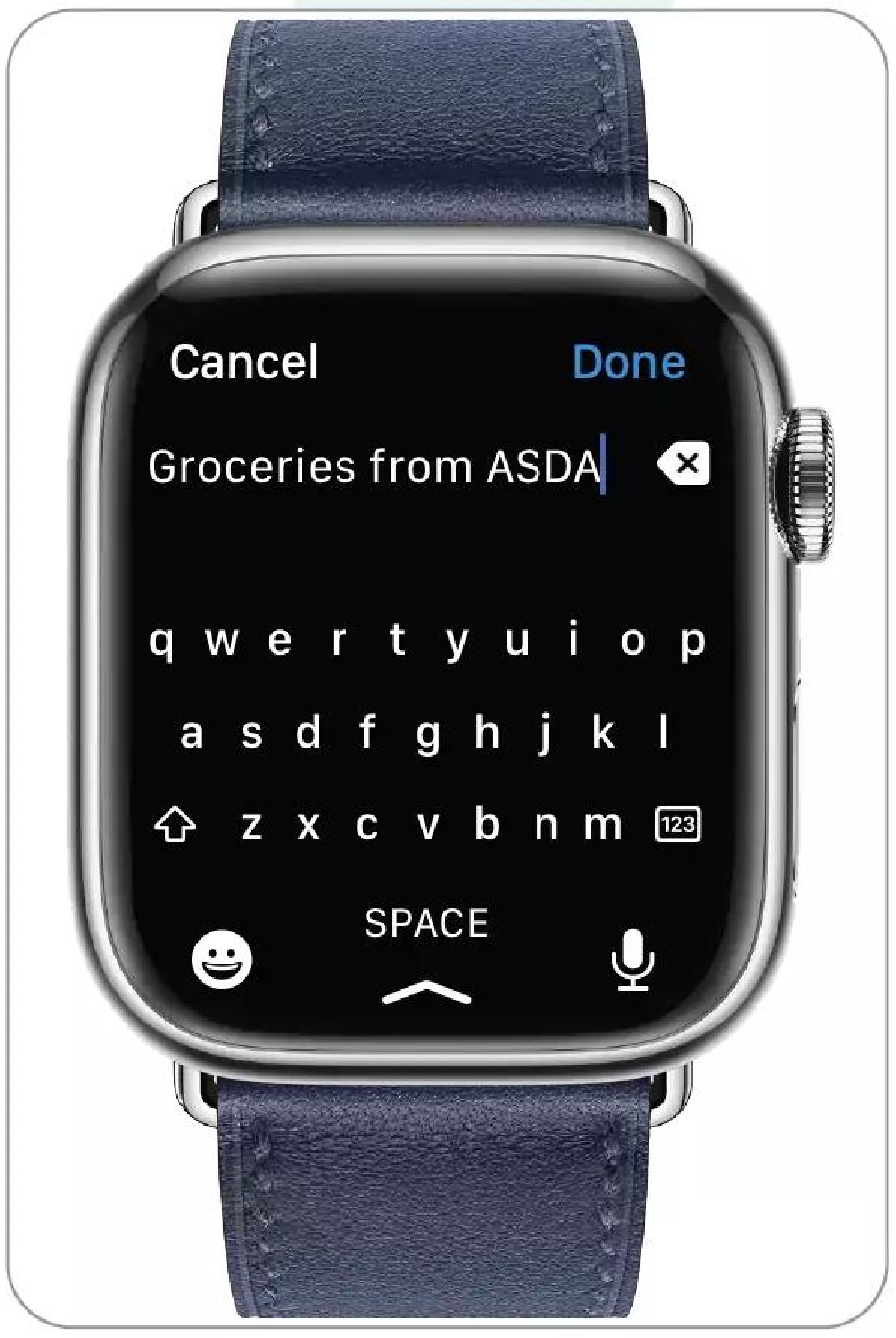
1 On your Apple Watch, launch the Things app. You'll see a list of currently open things entries, as found in the Today section of your iPhone's Things app. When a cloud is showing at the top of the screen, the app is syncing.

2 Scroll up and down the list using the Digital Crown. If a thing has a page icon on its right, this means it has notes associated with it. A thing that has a set time for completion is displayed on a red background.

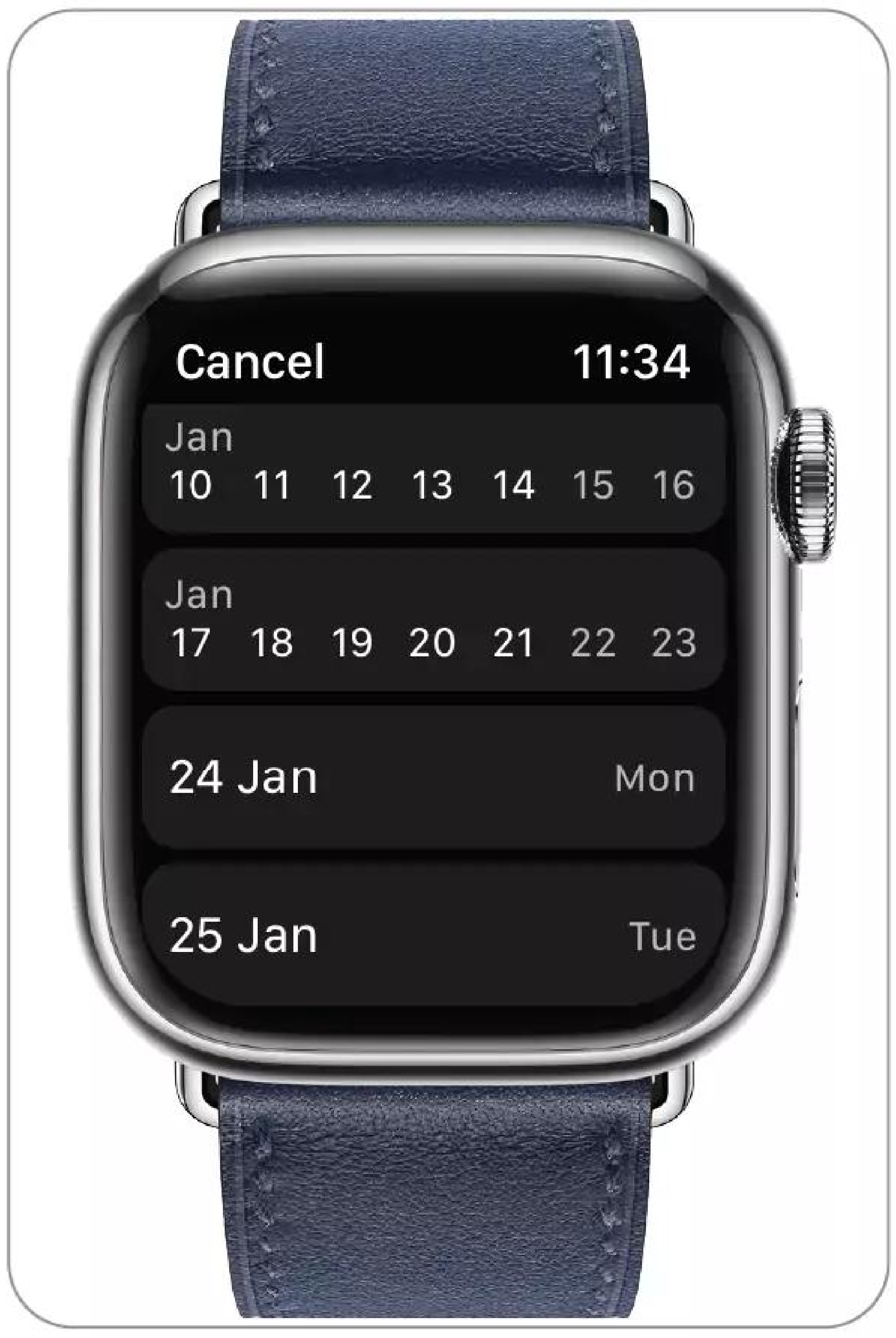
3 To mark a thing as done, tap the checkbox found to its left. The checkbox is ticked, and the thing disappears. The number in the top-left corner of the screen shows the number of things you've completed, that is, ticked in this way.

Adding and Editing Things


11:21
✓
Shopping
Add Notes
Add Deadline


Cancel
Done
q w e r t y u i o p
a s d f g h j k l
z x c v b n m
SPACE

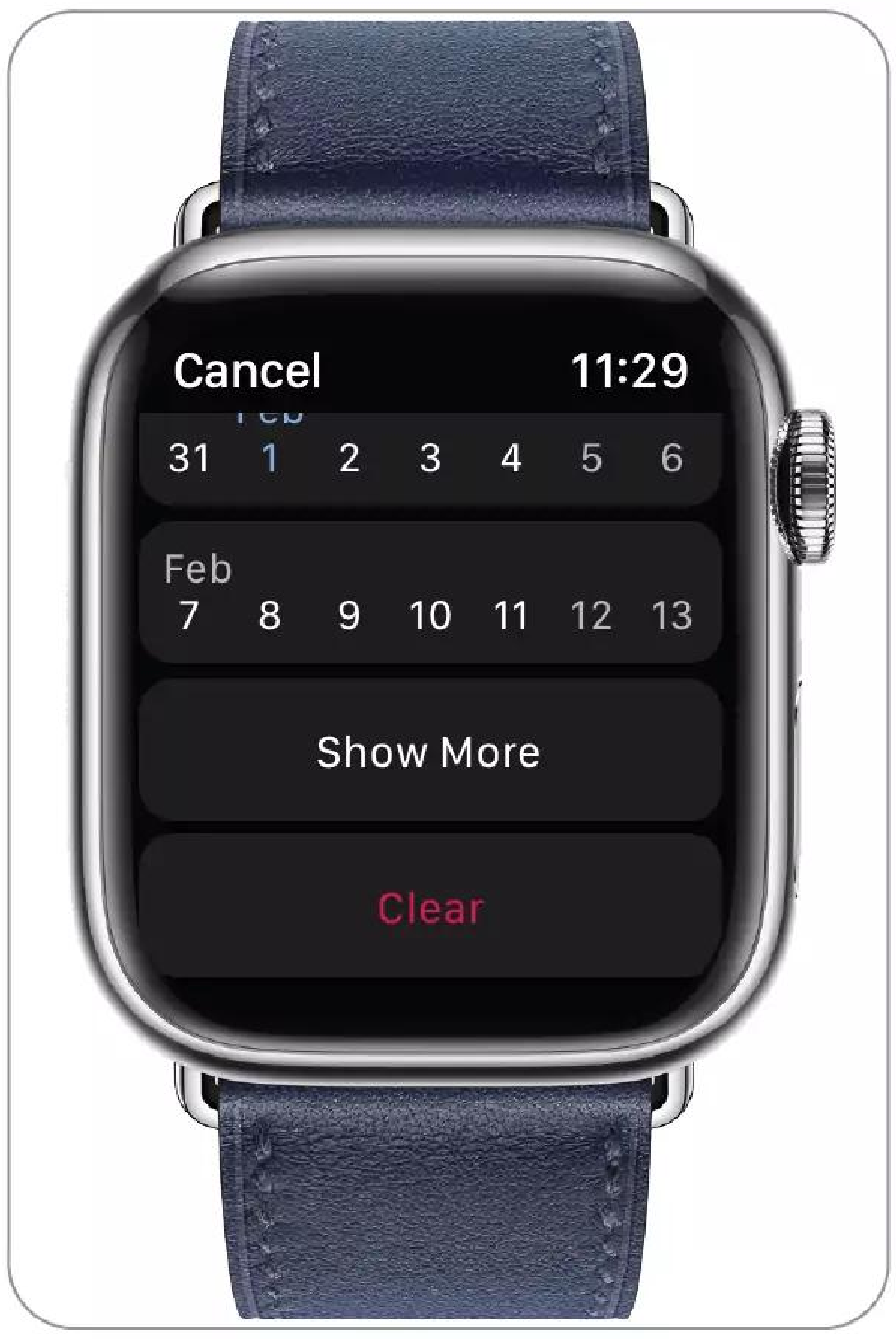
Groceries from ASDA

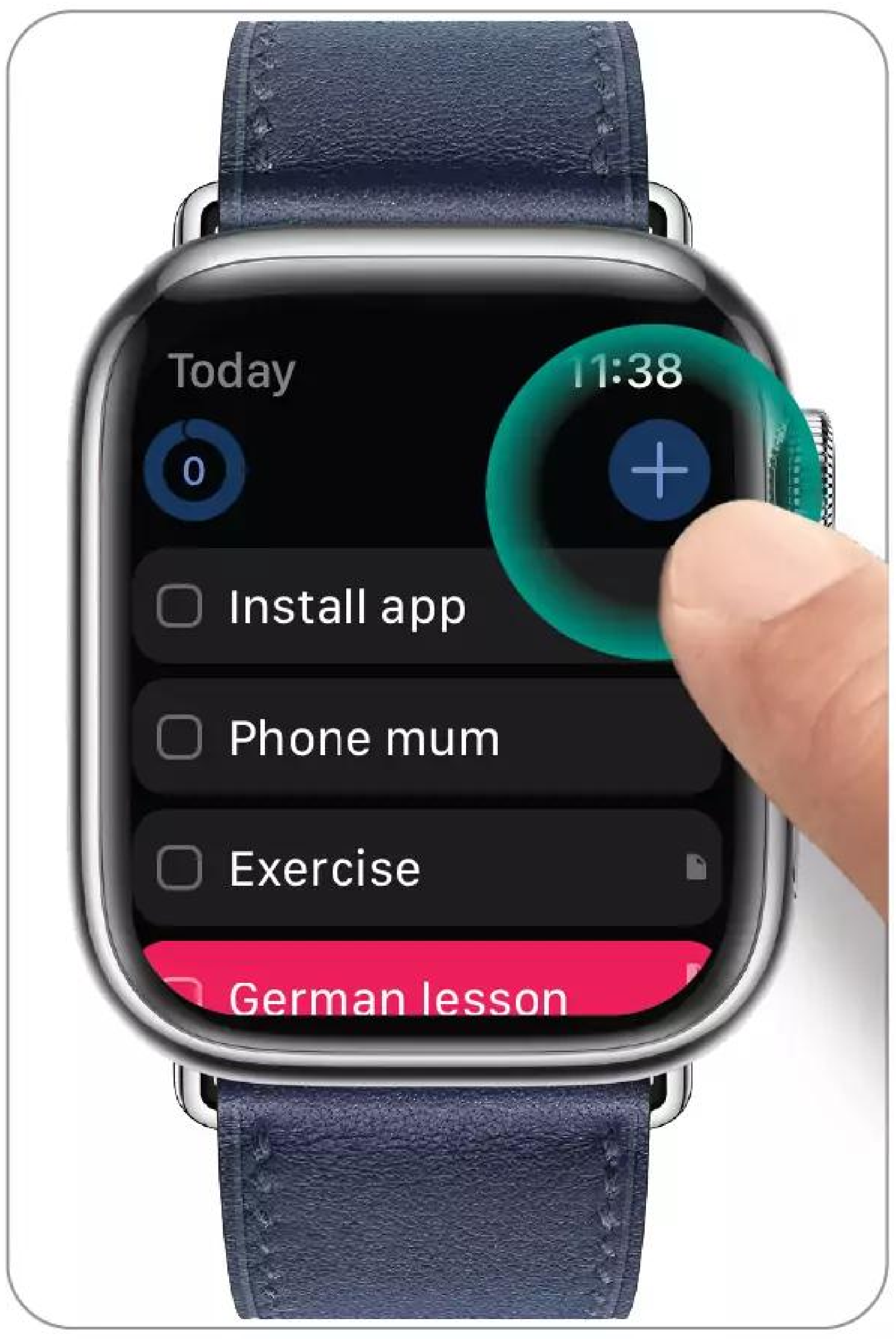

Cancel
11:34
Jan
10 11 12 13 14 15 16
Jan
17 18 19 20 21 22 23
24 Jan
Mon
25 Jan
Tue

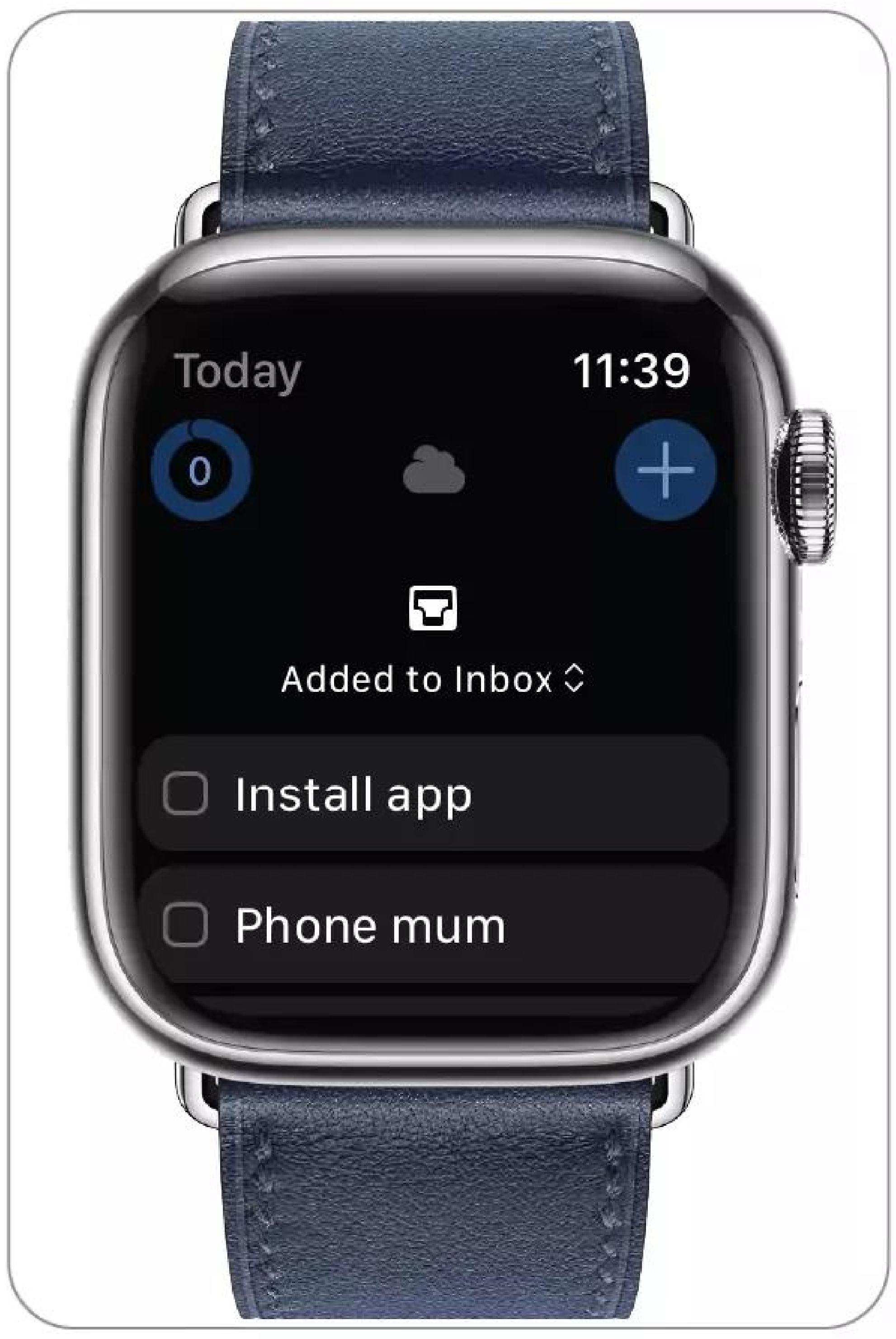
1 To open a thing, tap it anywhere other than the checkbox on its left. Tap the green tick in the top-left corner to mark it done. Tap the arrow in the top-right corner and you can postpone it by adding a to-do date in the future.

2 Tap the Add Notes or Append Notes button and you can add a note to your thing, or edit a note that's already been added. To do this, you can use the virtual keyboard, the mic icon to dictate it or swipe up for the Scribble feature.

3 The Add Deadline button gives the same options as the top-right arrow. Tap a date to move the thing to that day. Scroll up for dates farther into the future. Tap a 'week' button to expand it, so you can pick a specific date within that week.


Cancel
11:29
31 1 2 3 4 5 6
Feb
7 8 9 10 11 12 13
Show More
Clear


Today
11:38
0
Install app
Phone mum
Exercise
German lesson


Today
11:39
0
Added to Inbox
Install app
Phone mum

4 The Show More button gives you dates further into the future, so you can postpone it for a long while. The Clear button (found only on the screen accessed with the blue arrow), cancels the to-do without marking it as done.

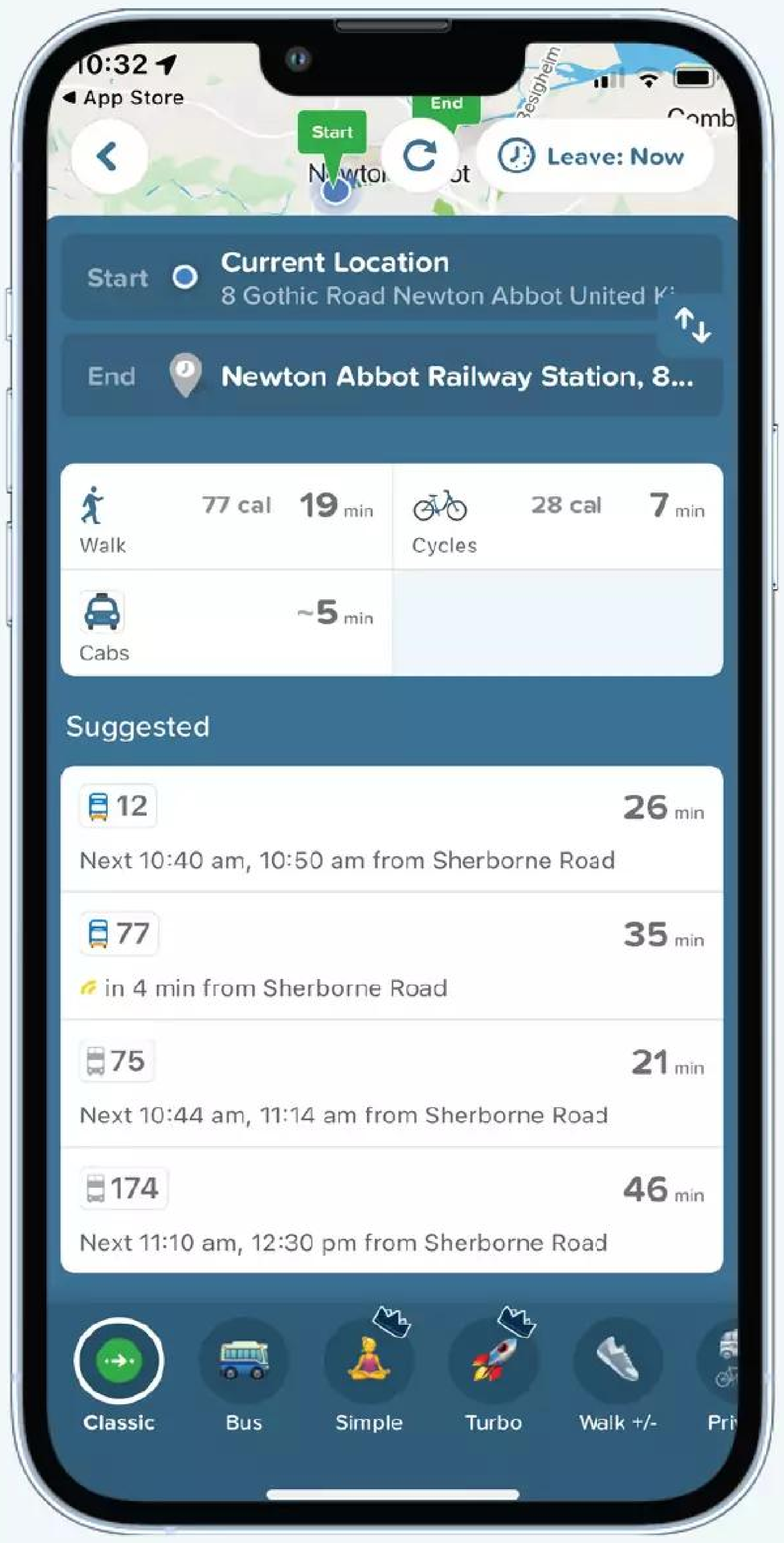
5 To add a new to-do to your Things app, tap the blue plus sign in the top-right corner of the first screen, the one listing your tasks. Again, you can use the virtual keyboard (if your watch is new enough), dictation or Scribble to title it.

6 The to-do is added to your Things Inbox, but if you tap the 'Added to Inbox' message before it disappears, it's moved to your Today section instead. You can also use Siri to add to-dos; press and hold the digital crown and speak it.

The Citymapper Watch App

Citymapper is an awesome transport app that helps you get from A to B. It can help you find your way by foot, cycle, bus, train, ferry, taxi and even kick scooter. Just enter where you want to go and it shows you the way from your current location, including where and when to catch a bus or other such transport. And it has a Watch app.

Citymapper
10:42
Walk to Station
Newton Abbot
28 min (1.3 mi)
Next scheduled times:
11:33, 12:06
Domino's Pizza



10:32
◀ App Store
Start
End
Leave: Now

Start Current Location
8 Gothic Road Newton Abbot United K

End Newton Abbot Railway Station, 8...

Walk 77 cal 19 min
Cycles 28 cal 7 min
Cabs ~5 min

Suggested

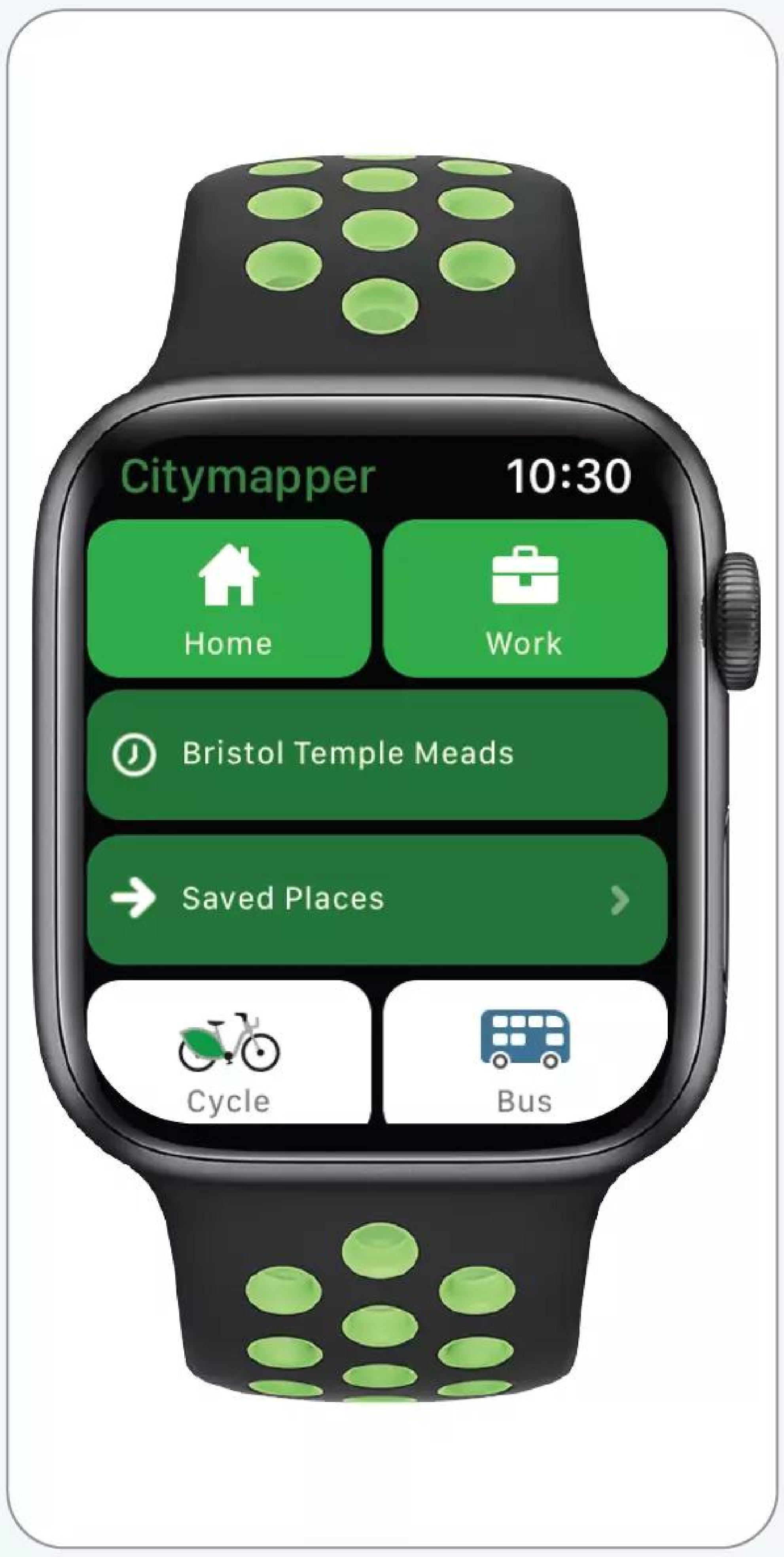
12 26 min
Next 10:40 am, 10:50 am from Sherborne Road

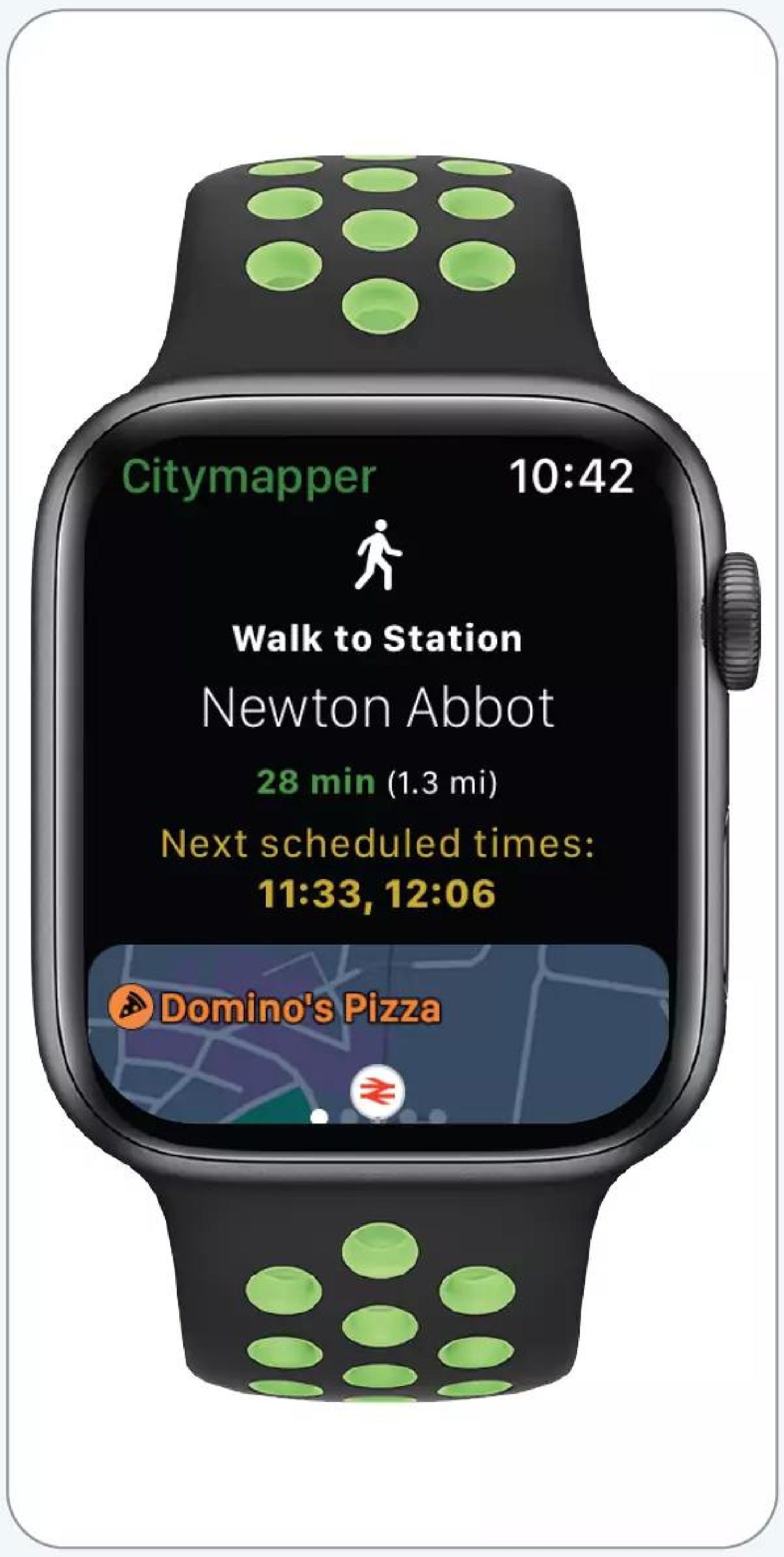
77 35 min
in 4 min from Sherborne Road

75 21 min
Next 10:44 am, 11:14 am from Sherborne Road

174 46 min
Next 11:10 am, 12:30 pm from Sherborne Road

Classic
Bus
Simple
Turbo
Walk +/-


Citymapper
10:30
Home
Work
Bristol Temple Meads
Saved Places
Cycle
Bus



Citymapper 10:42

Walk to Station
Newton Abbot
28 min (1.3 mi)
Next scheduled times:
11:33, 12:06

Domino's Pizza

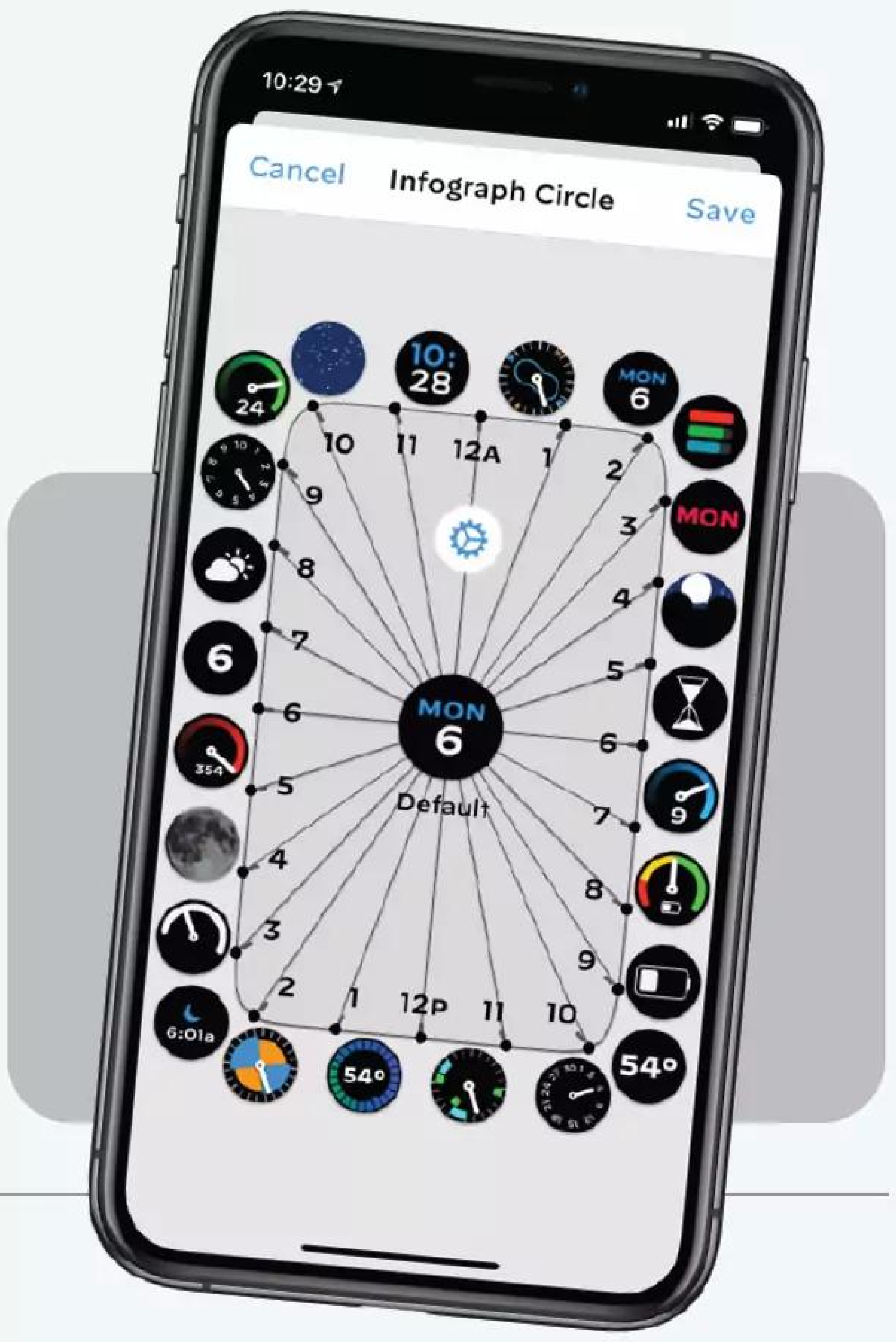
1 Open the Watch app and once you've set them up as destinations on the iPhone app, you can tap Home or Work and get directions straight there. If you want to make a different journey, open the app on your iPhone and enter your destination in the field provided. You're shown how long it takes to get there by various modes of transport.

2 On the Watch app, tap your destination to begin your journey, using all available methods of transport. If you want to use a specific transport method, maybe if you're planning to cycle for example, scroll up and tap the option you wish to use. You're directed to the bus stop, train station, cycle hire business and more.

3 After tapping the destination on the Watch app, you're told how long the journey should take. Tap the button marked 'Let's Go' and you're directed from your current location to the next place you need to be; maybe a bus stop or a train station. You're offered the time of the next service, and even when to get off so you don't miss your stop.

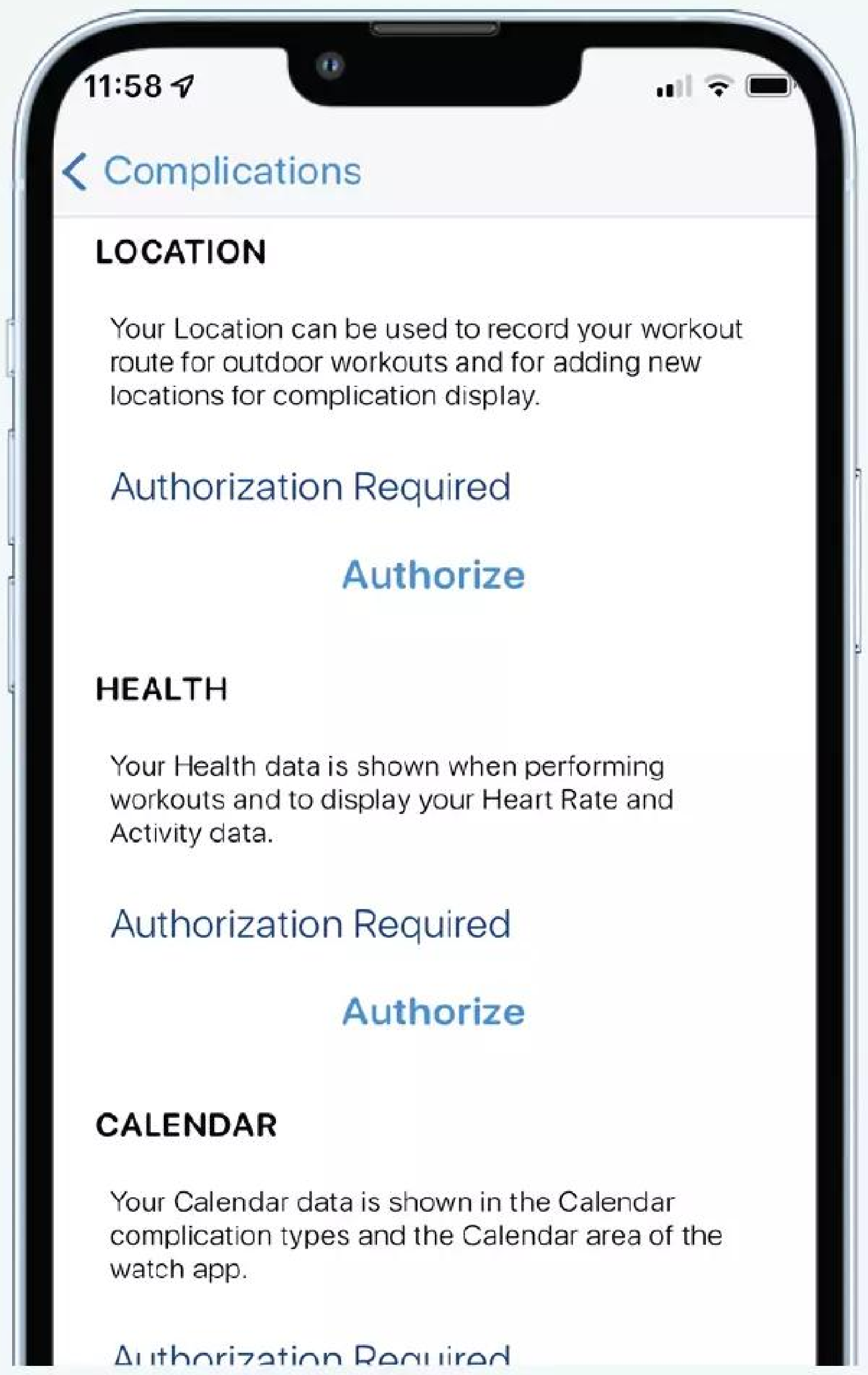
Watching Watchsmith

This neat little Apple Watch app takes a unique approach to complications. Add the Watchsmith complication to your watch face, and it offers different complications depending on the time of day. These are Watchsmith's own complications, not your regular Apple Watch ones, but there's plenty of them available.



Setting your Schedules

With Watchsmith, you can set up a schedule so the Watchsmith complication offers a different service at different times of day. Watchsmith complications include weather, calendar, astronomy, tides, activity and more.



< Complications

LOCATION

Your Location can be used to record your workout route for outdoor workouts and for adding new locations for complication display.

Authorization Required

Authorize

HEALTH

Your Health data is shown when performing workouts and to display your Heart Rate and Activity data.

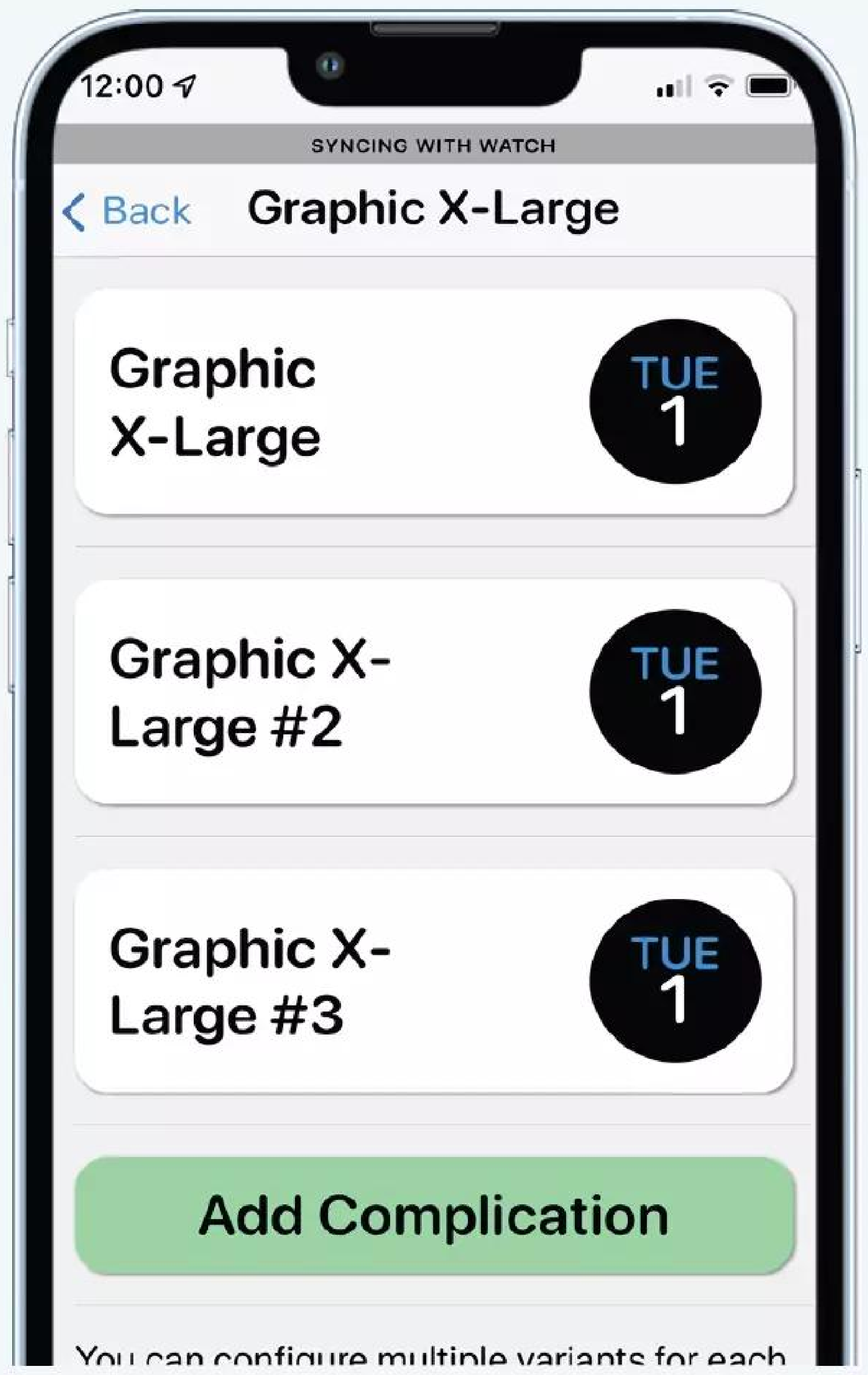
Authorization Required

Authorize

CALENDAR

Your Calendar data is shown in the Calendar complication types and the Calendar area of the watch app.

Authorization Required



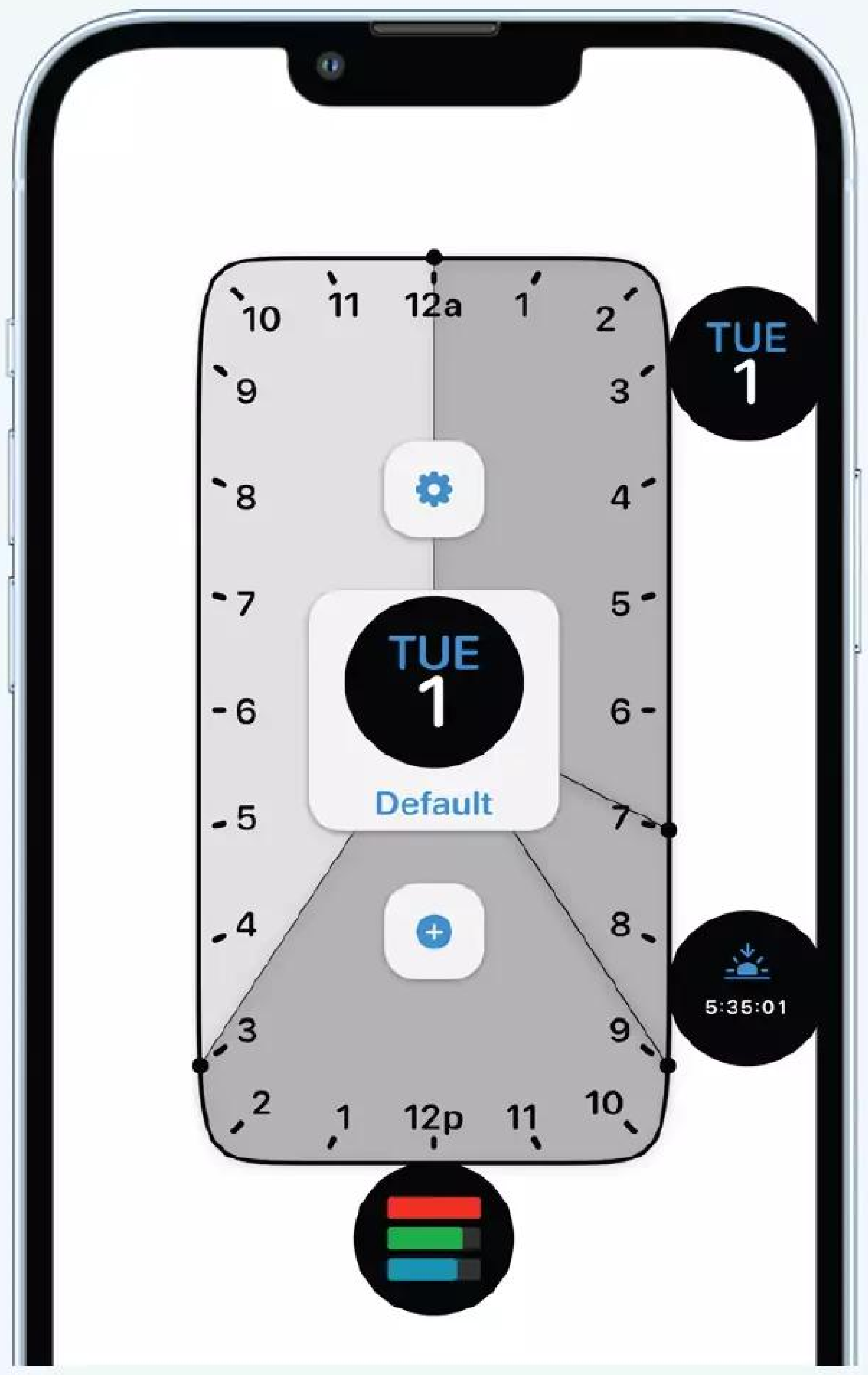
Graphic X-Large

Graphic X-Large

Graphic X-Large #2

Graphic X-Large #3

You can configure multiple variants for each



1 Open the Watchsmith app on your iPhone. First of all, tap the Manage Permissions button at the top of the screen and authorise the app to use your location, health and calendar. It needs these for its own complications, so it's best to give permission to the app.

2 Scroll up and down the Watch Face list, and choose the one you want to use with the Watchsmith complication. Tap it. Now tap the Add Complication button to add a new complication. The top option sets the default complication, which is shown when no timed complication is active.

3 Tap the complication you just added, and tap the + sign to add a timed complication. Use the clock graphic to set when it's active, and tap the icon to choose one. Tap + to add more. Save it, and then use that face with the Watchsmith complication on your Apple Watch.

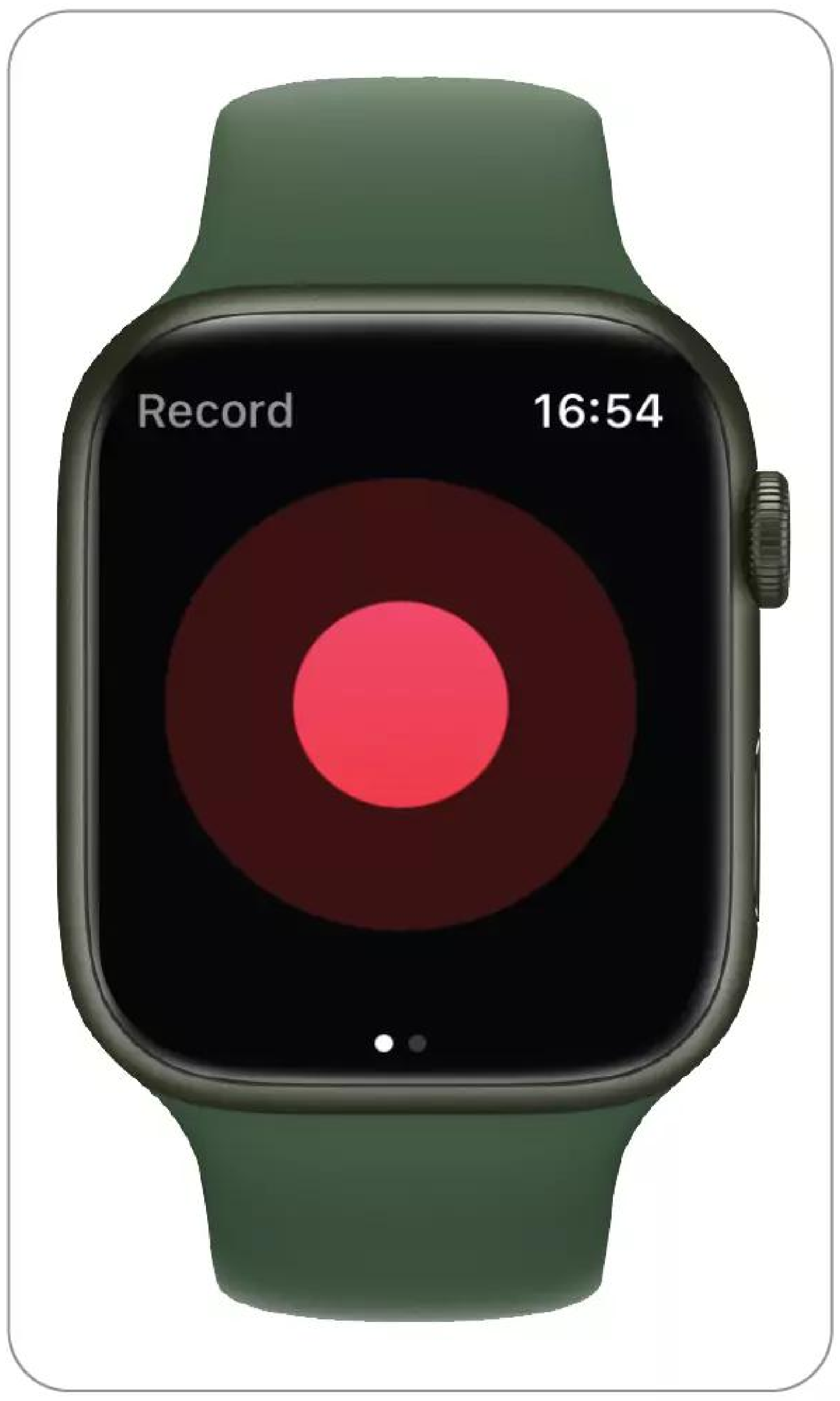
The Just Press Record App

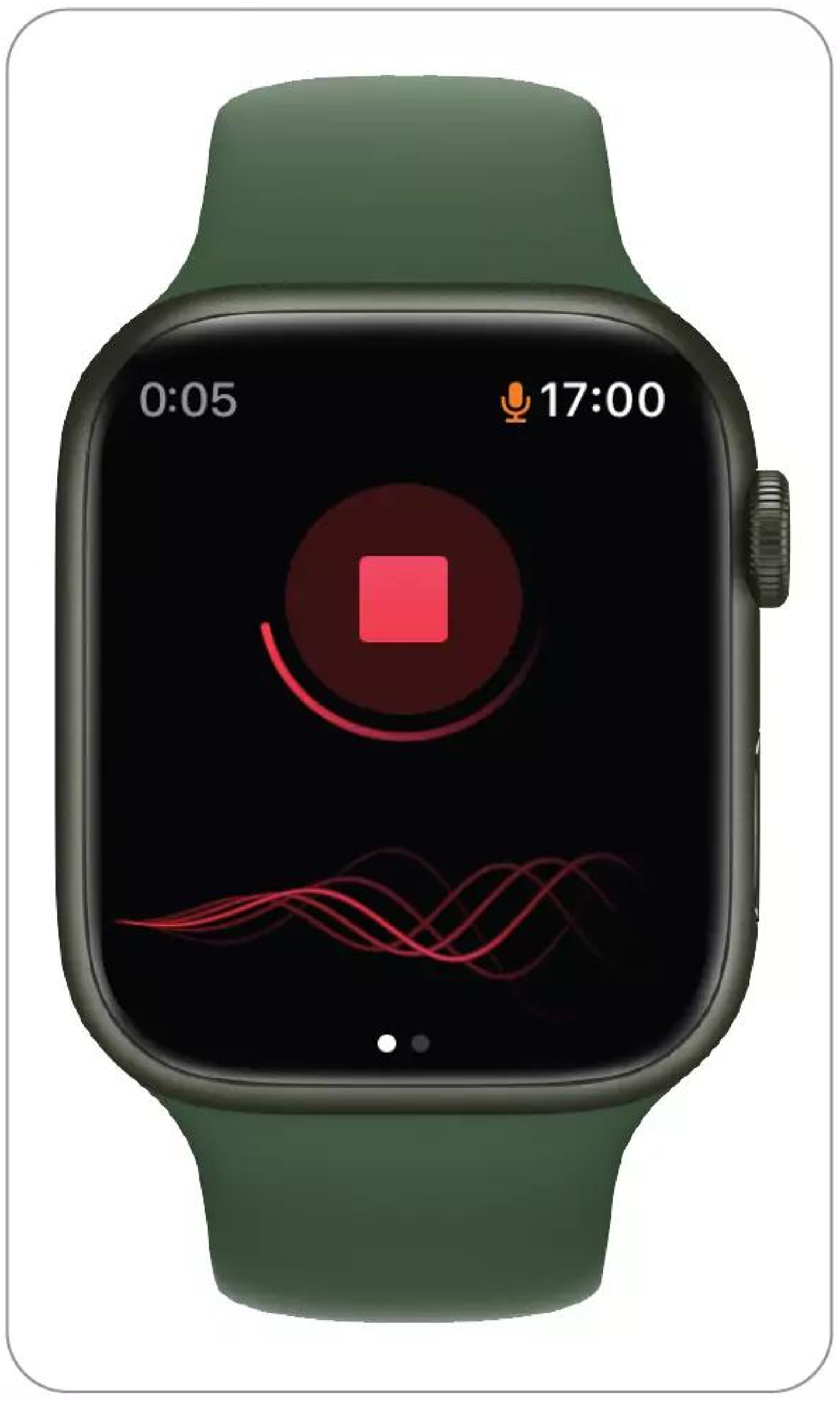
There are numerous reasons why you'd want to make a quick audio recording. Maybe there's been an accident and you want to record a conversation as evidence. Perhaps you want to record an announcement for later review. Or you might want to make a voice memo so you don't forget something. Just Press Record is ideal.

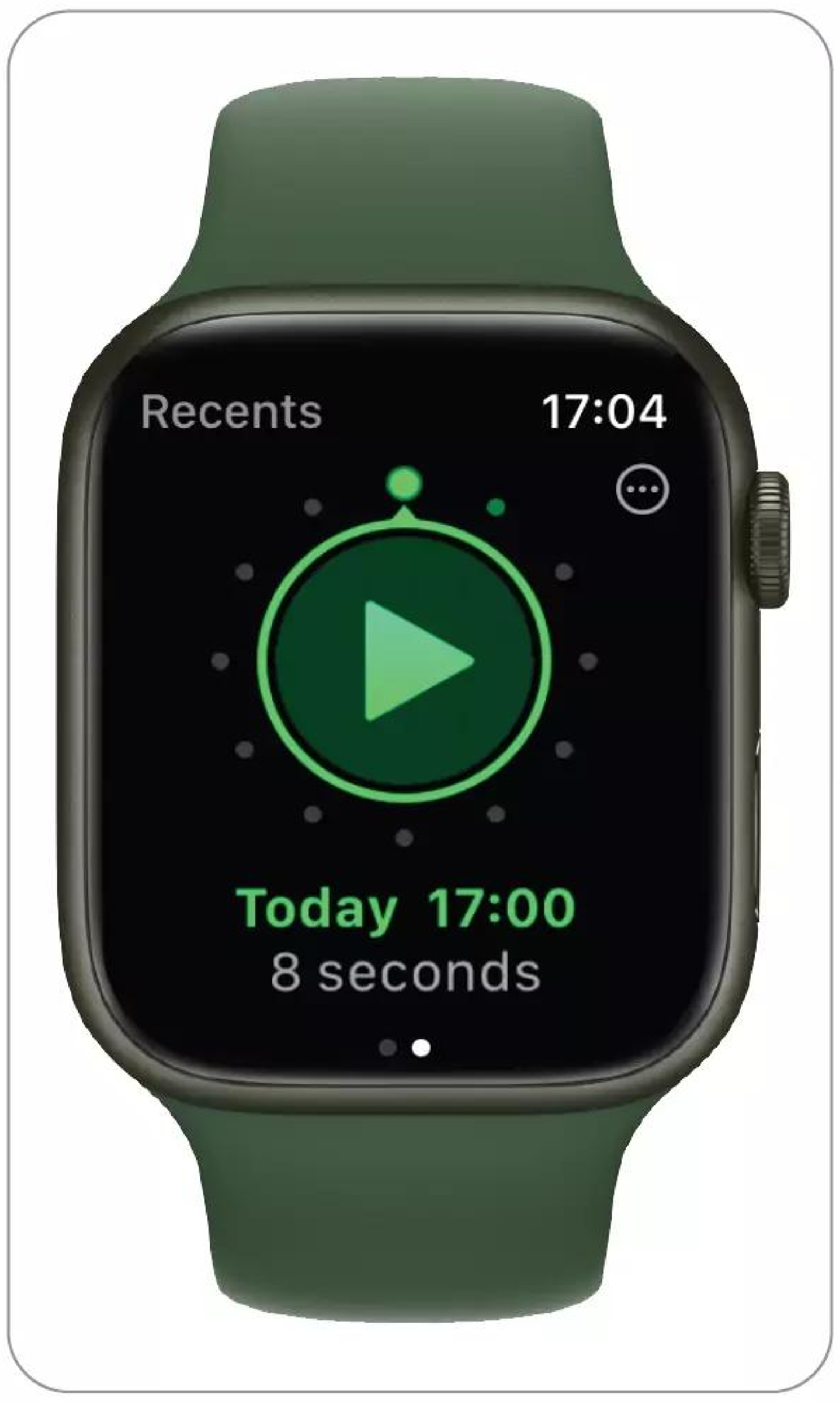
Recents
17:04
Today 17:00
8 seconds

Making Recordings

With Just Press Record, you don't have to reach into your pocket and get your iPhone to make a recording. Instead, you can start recording using your Apple Watch, which is much more convenient and discreet.



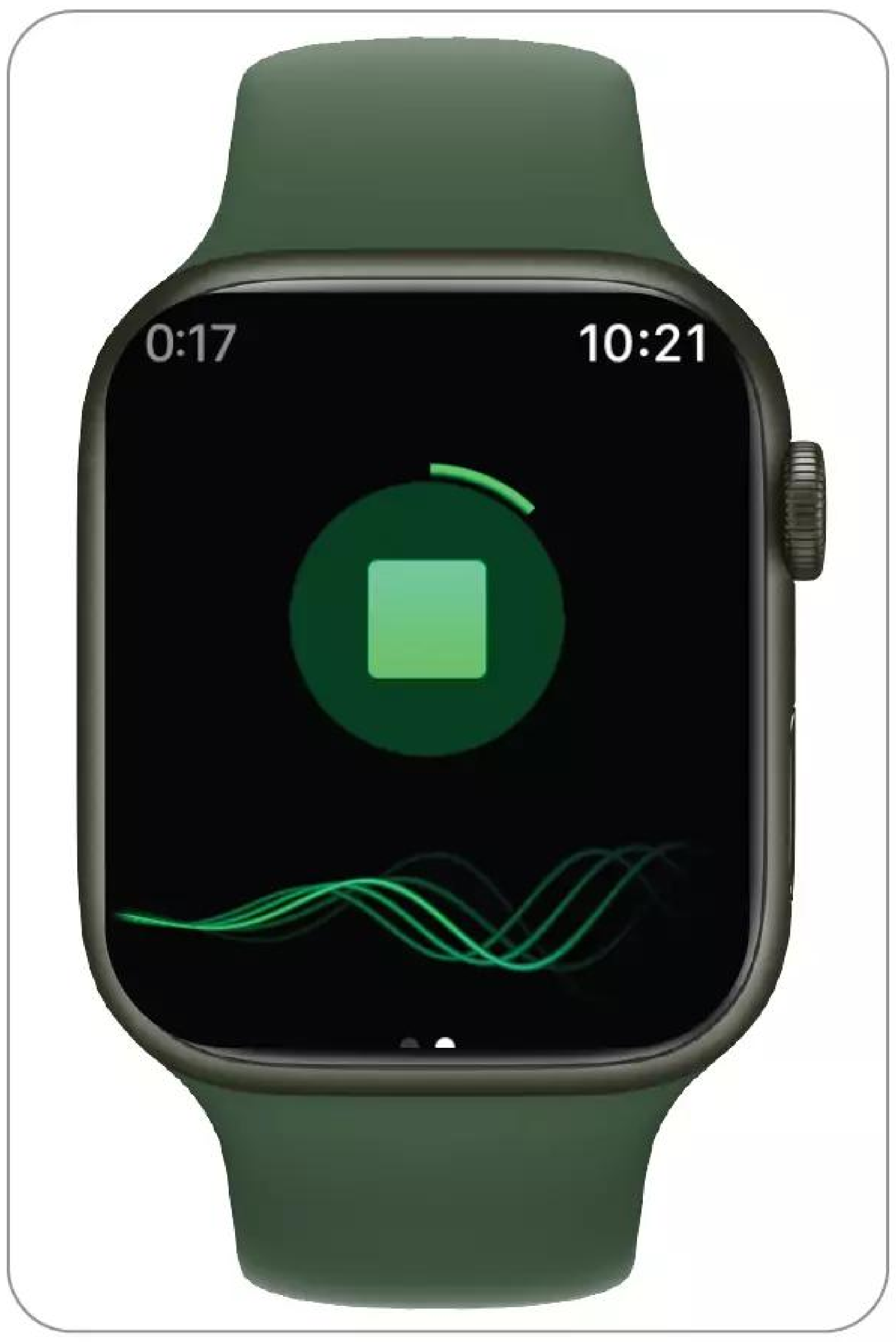


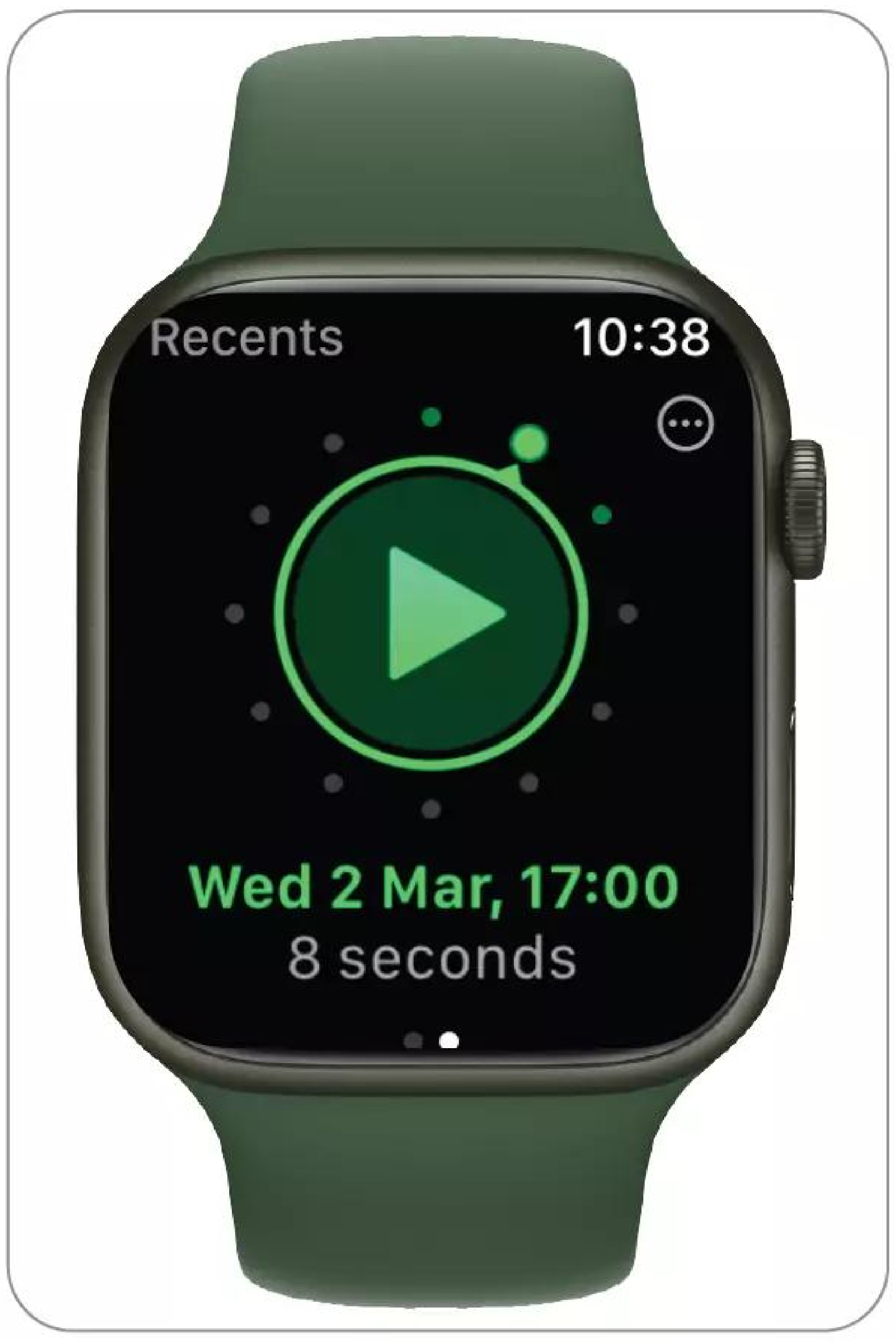


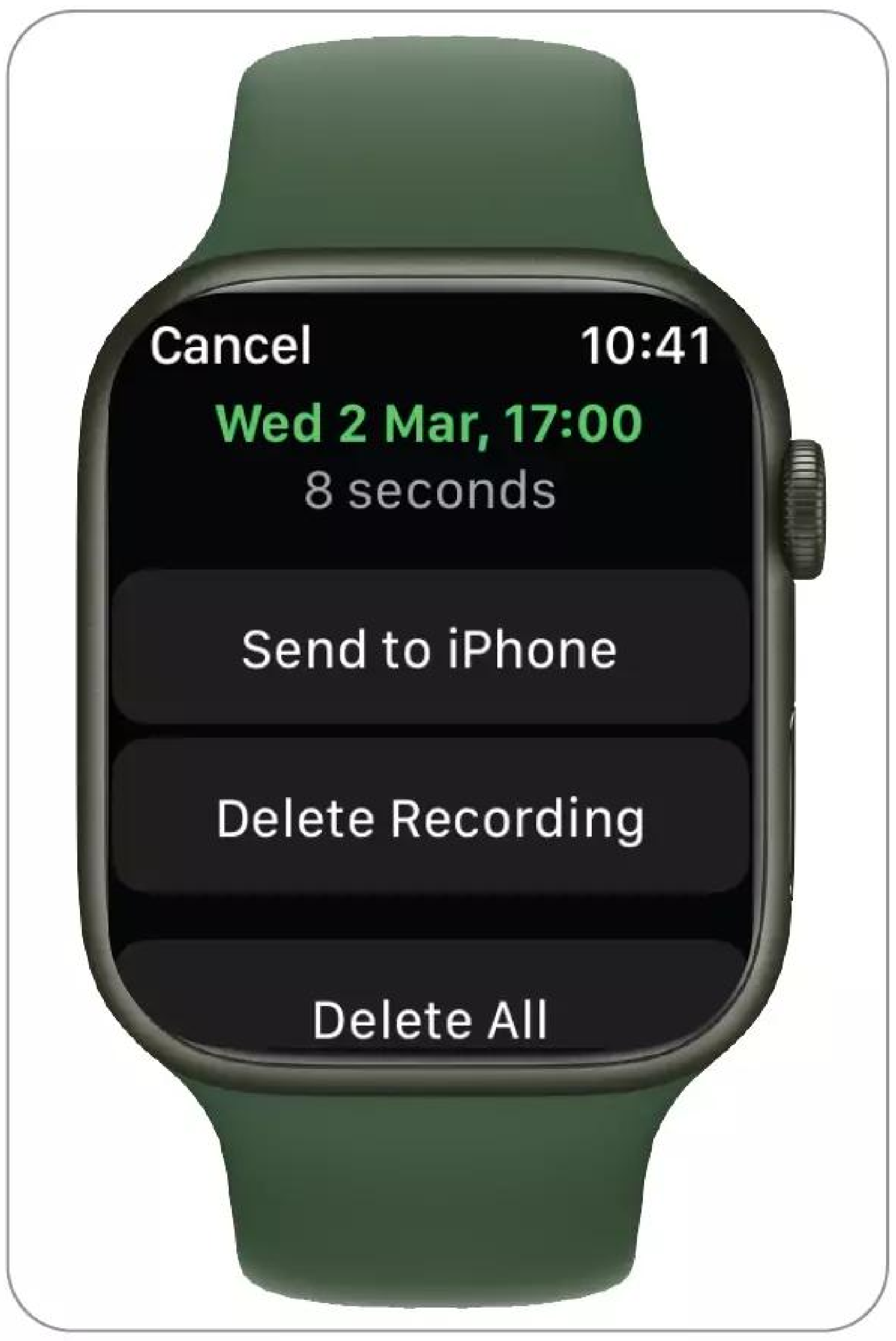
1 On your Apple Watch, launch the Just Press Record app. You'll see a big red circular button. This is the record button. Tap it to begin making an audio recording from your Apple Watch, which can be played back later.

2 While the recording is active, the circular button becomes a square with a red line orbiting it. A wave form at the bottom of the screen reacts to incoming audio, and the length of the recording is shown in the top-left corner.

3 Tap the red square to stop recording and return to the screen with the red circle button. You can tap it to start a new recording, or swipe left to get to this screen, where you can play back the new recording by tapping the play icon.




Recents
10:38
Wed 2 Mar, 17:00
8 seconds

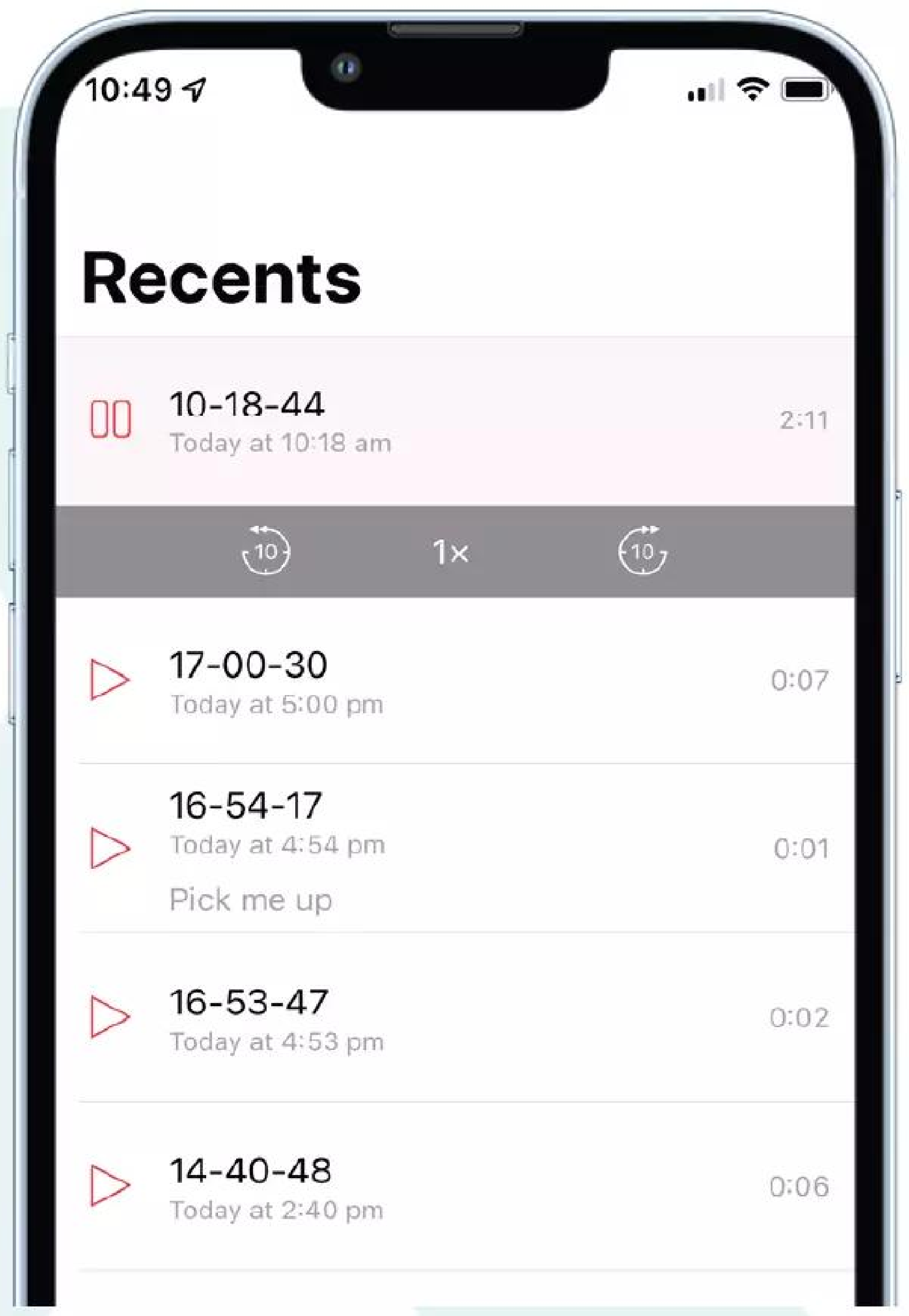

Cancel
10:41
Wed 2 Mar, 17:00
8 seconds
Send to iPhone
Delete Recording
Delete All

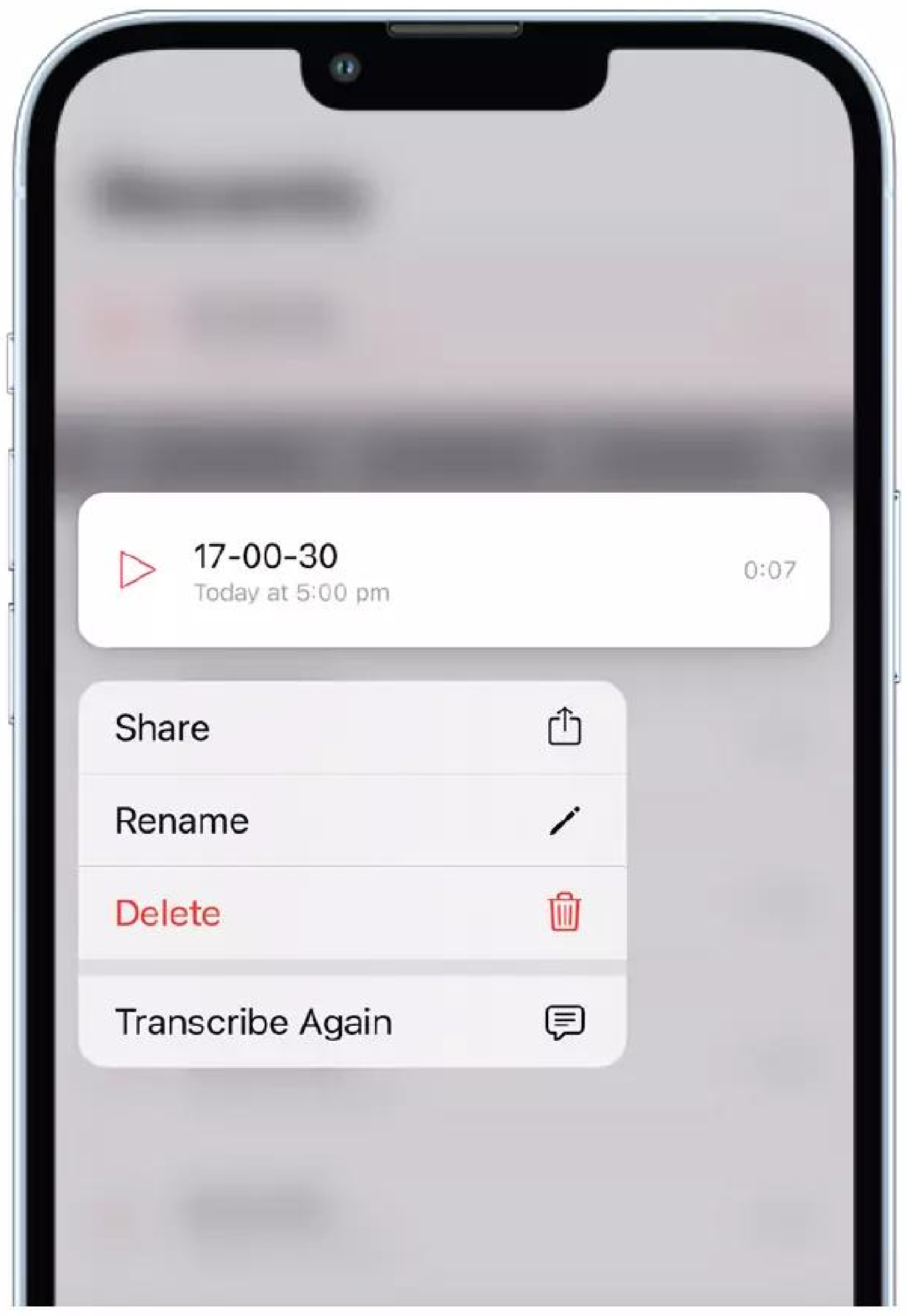
4 While a recording is playing, tap the green square icon to stop it. While playing, the wave form at the foot of the screen represents the audio, and the number in the top-left corner is a timer which shows how long it's been playing.

5 Your 12 most recent recordings are stored on your Apple Watch, so you can review them on your wrist. Scroll through them with the digital crown; the green dial turns, and the date, time and duration of the recordings are shown.

6 Tap the three-dots icon in the top-right corner of the screen for some new options. You can send the currently selected recording to your iPhone, delete it from your Apple Watch or delete all the recordings stored on your watch.

Reviewing Your Recordings

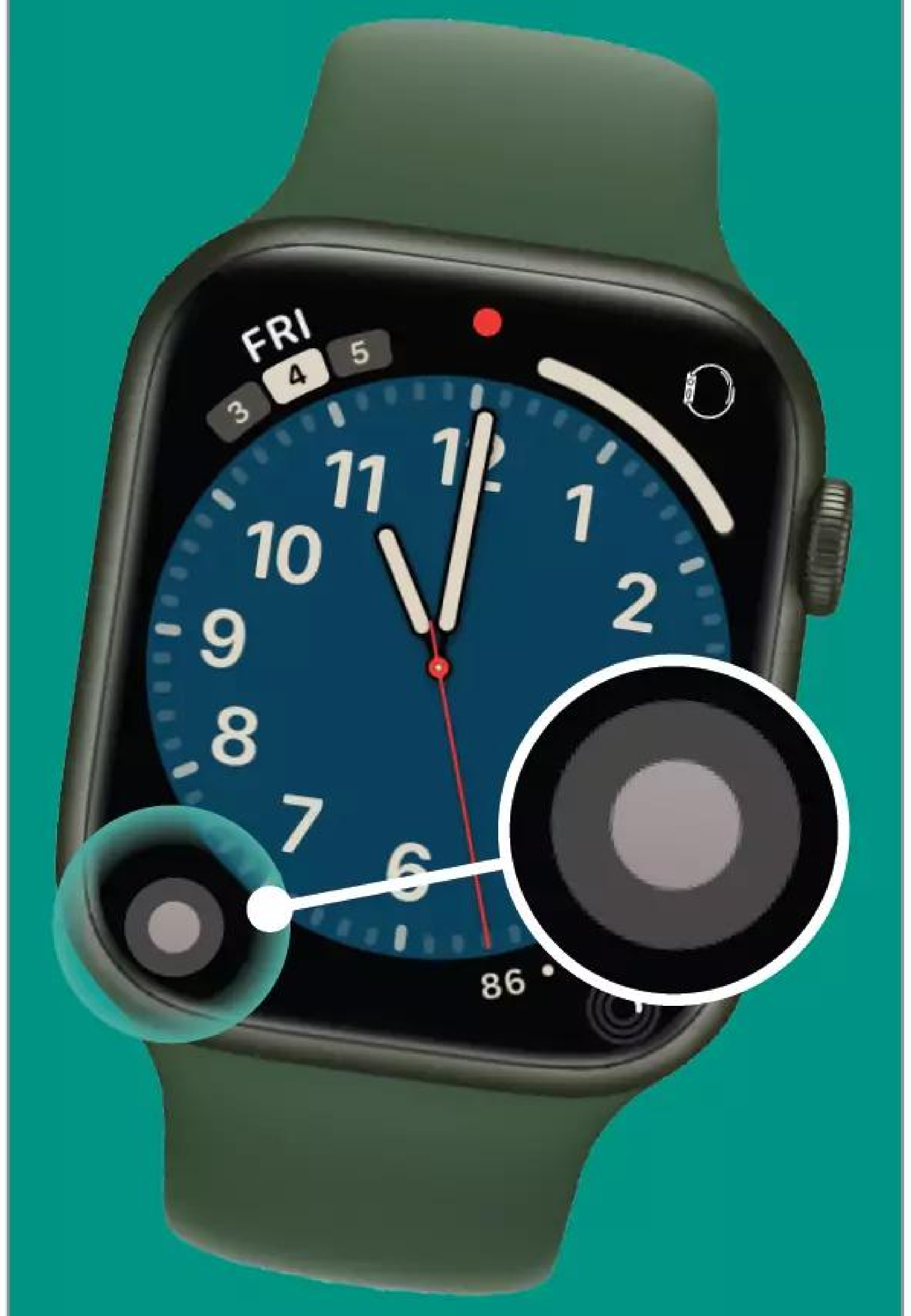

10:49
Recents
10-18-44
Today at 10:18 am
2:11
10
1×
10
17-00-30
Today at 5:00 pm
0:07
16-54-17
Today at 4:54 pm
0:01
Pick me up
16-53-47
Today at 4:53 pm
0:02
14-40-48
Today at 2:40 pm
0:06


17-00-30
Today at 5:00 pm
0:07
Share
Rename
Delete
Transcribe Again

1 You can review your recordings on the Just Press Record iPhone app. Open the app and tap the Recents tab. Recordings are listed by date. Tap one for an options bar to appear underneath it. Tap the Play icon to listen to it.

2 Long-tap on a recording and you can share it, rename it, delete it or transcribe it. Transcribing it is a great way to convert the audio file to text, after which you can share it with the Share icon. It might need a little editing, though.

The App's Complication


FRI
4
3
5
11
12
1
10
2
9
8
7
6
86

You can add a Just Press Record complication to your Apple Watch face, as seen here in the bottom-left corner of the screen. Tap it and the Just Press Record Apple Watch app opens and automatically starts a new recording.

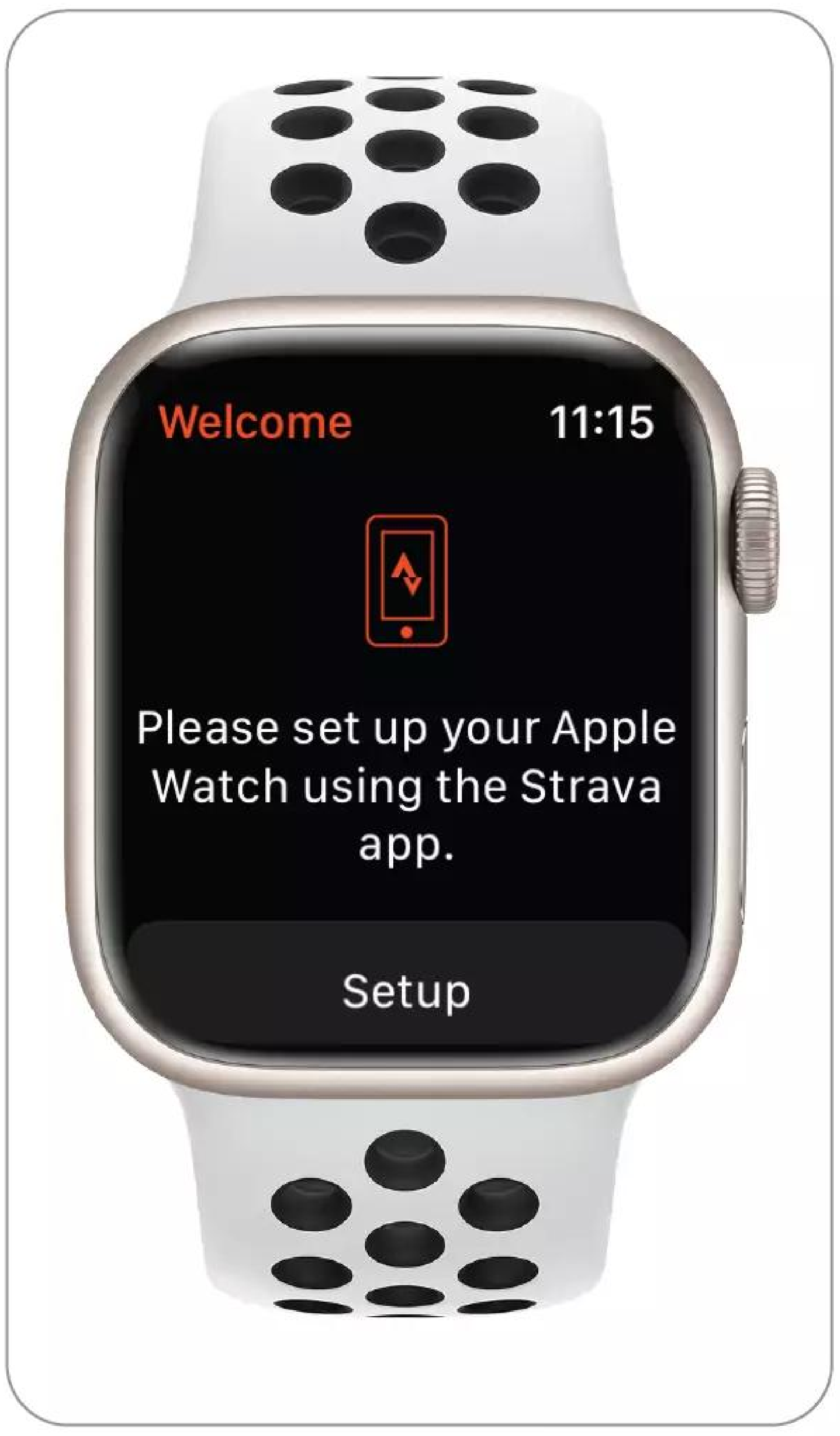
Exercise with Strava

Strava is one of the most respected exercise apps on the App Store. It has an awesome range of tools for runners, gym-goers, swimmers, cyclists and more. Both the iPhone app and its Apple Watch component are free to download, but you have to pay a monthly or annual subscription to enable the premium features.

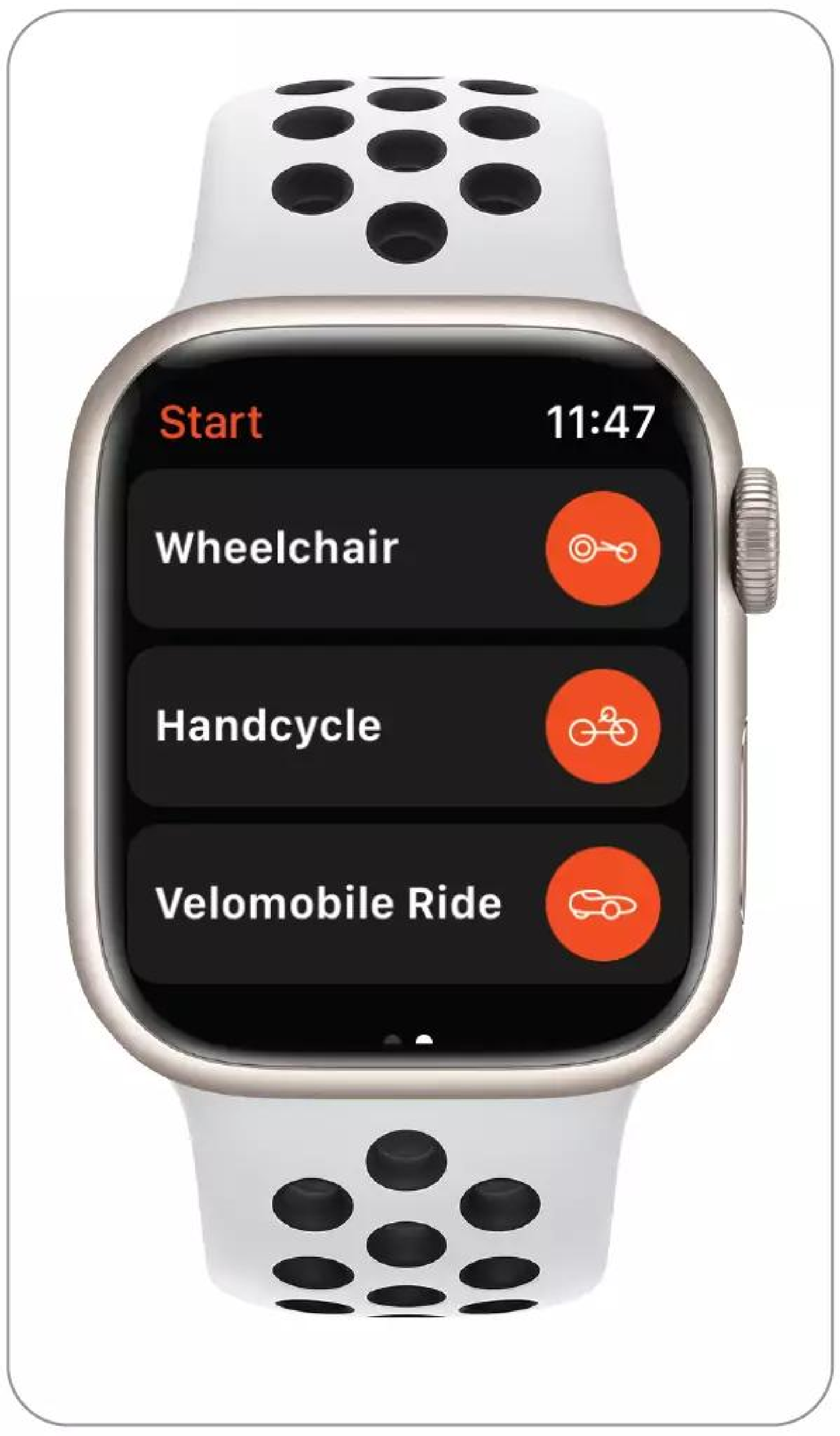
Recording
14:08
00:15:07
Speed
2.31
mph
0.67mi
118
WATCH

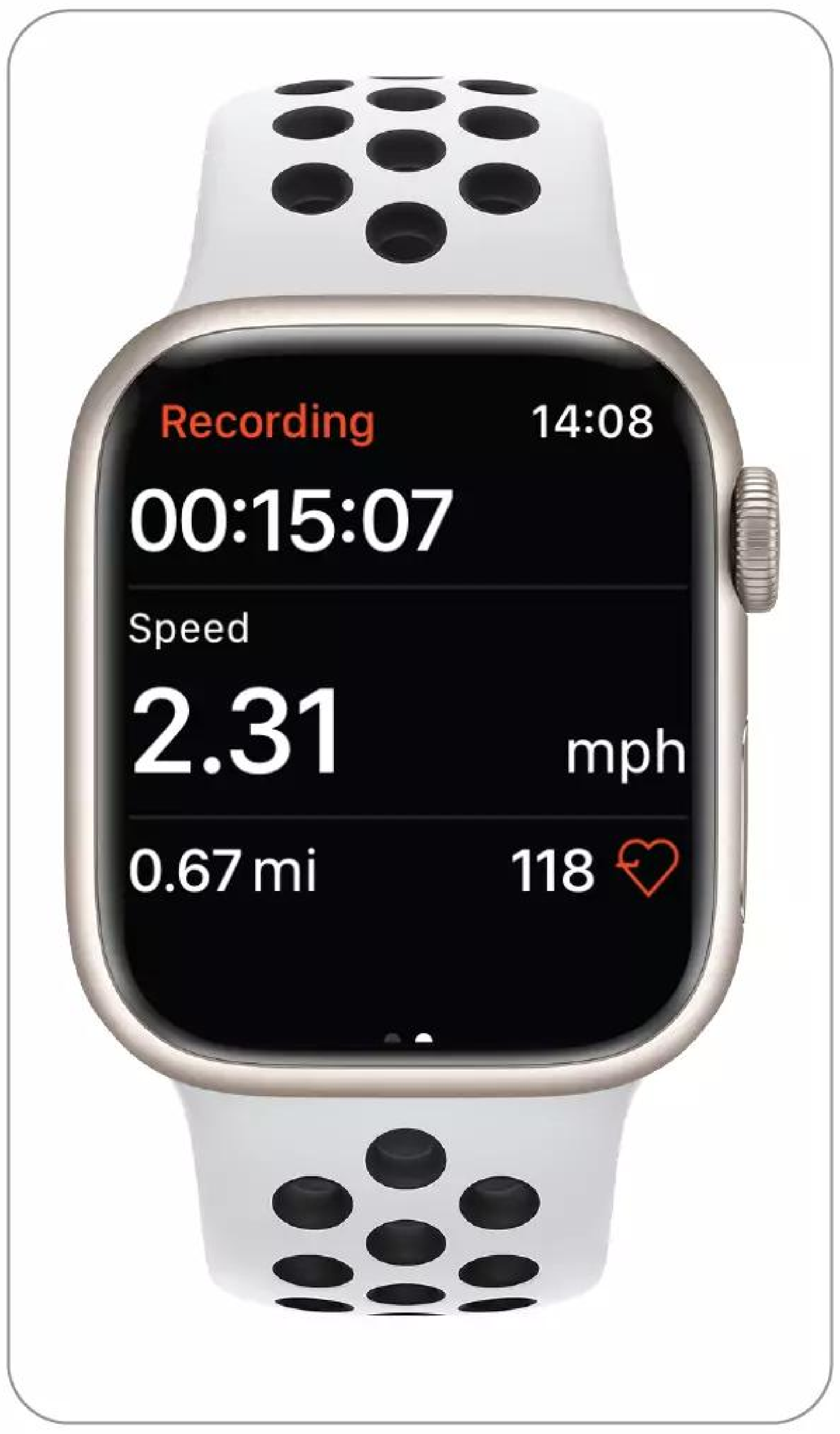
Getting Started with Strava

After downloading the Strava app, it's time to get started. First of all, log in; it's simple enough, and you can do it with your Facebook account if you wish. You can then set up the app and begin using it with your exercise regime.



Please set up your Apple Watch using the Strava app.



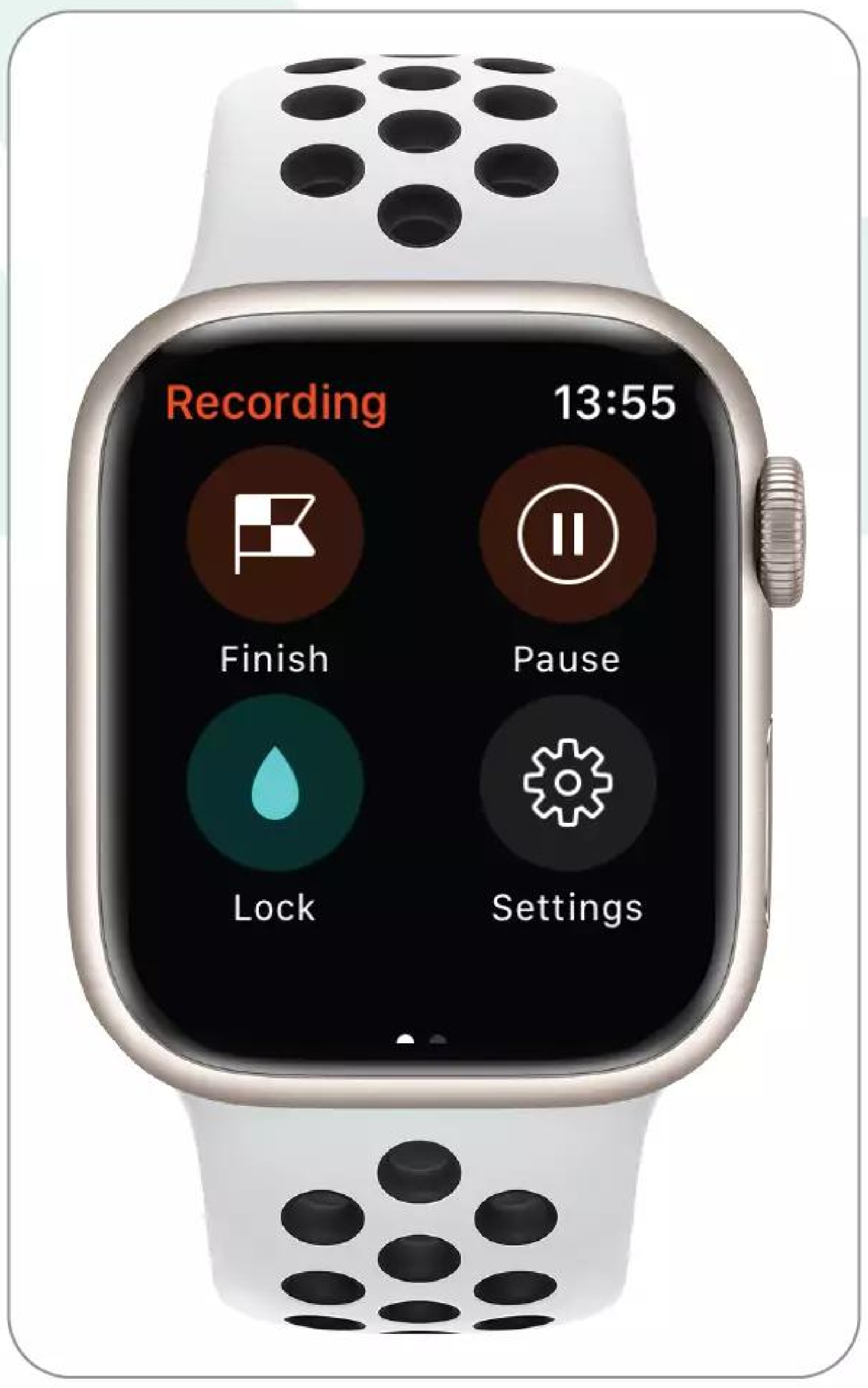


00:15:07
Speed
2.31 mph
0.67 mi
118

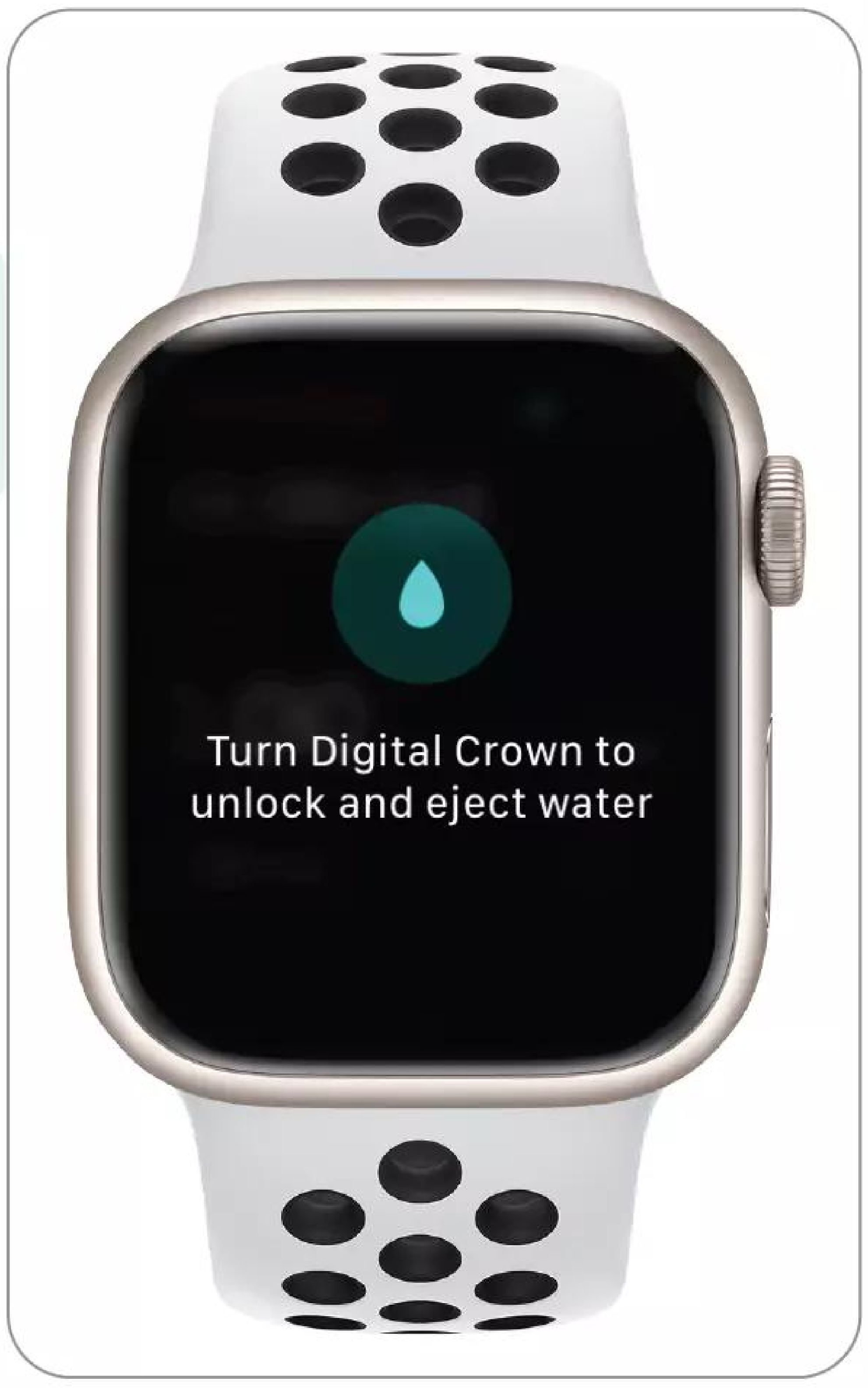
1 The first thing you need to do is set up the Strava app. If you open it on your Apple Watch before doing so, you get this screen. Follow the on-screen instructions; it's basically just accepting terms and giving permissions.

2 You're now ready to use the app on your Apple Watch. Open it, and choose the mode of exercise you wish to use. There's some seriously exotic exercises that are catered for, such as Nordic Ski, Handcycle and Velomobile Ride.

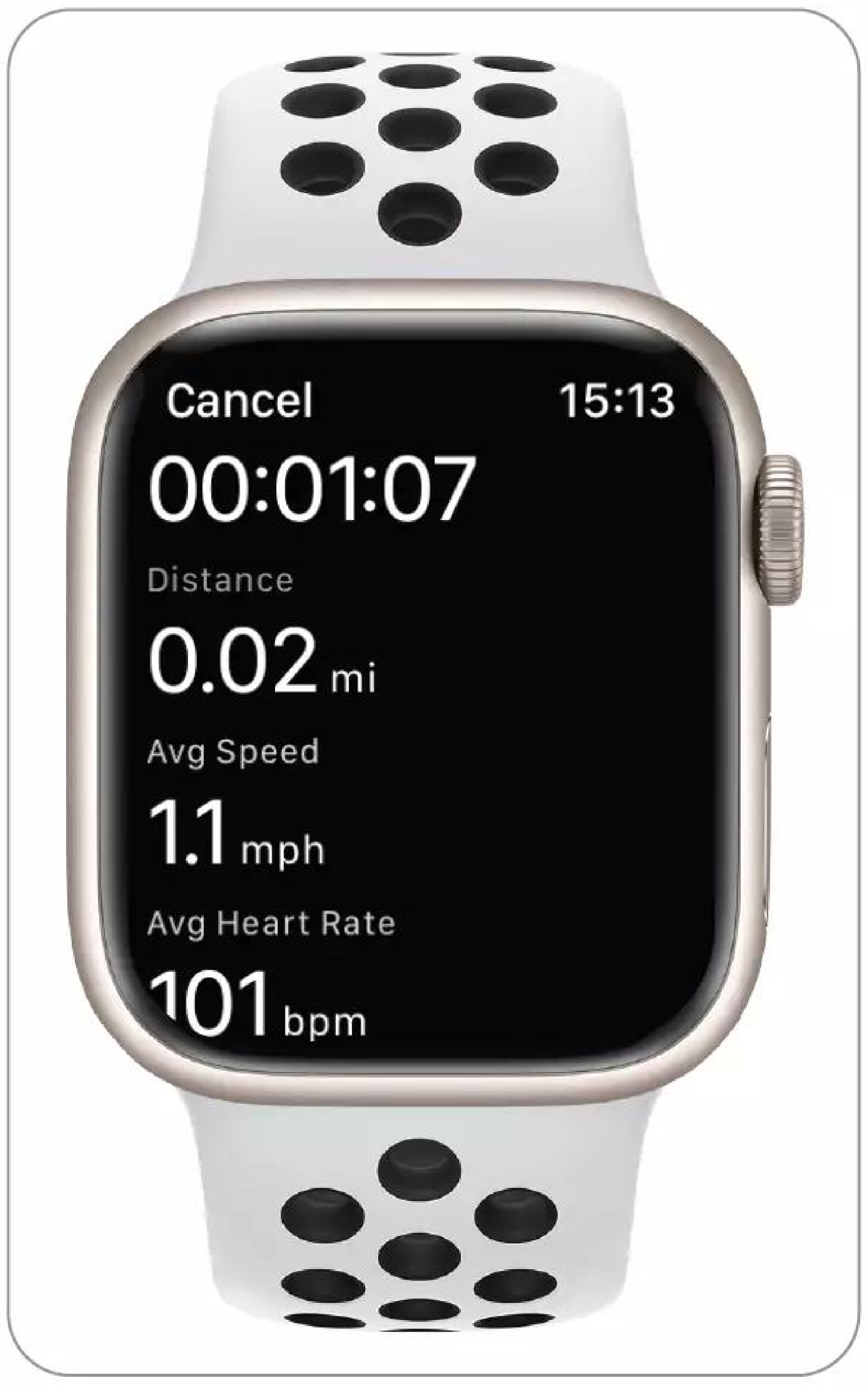
3 After choosing an exercise routine, tap it to start your workout. While your routine is active, you'll see a screen showing the time you've been doing it, your current speed, the distance you've travelled and your current heart rate.


Recording
13:55
Finish
Pause
Lock
Settings

4 Swipe the previous screen left for some options. Tap the flag icon when you've finished your exercise, or if you've stopped for a while but intend to resume later, tap Pause. After pausing an exercise, tap here again to resume.


Turn Digital Crown to
unlock and eject water

5 The Lock icon disables the controls and stops water entering for when you're swimming. When the controls are locked, a water drop is shown next to the time. Turn the digital crown to remove the lock and eject water if necessary.


Cancel
15:13

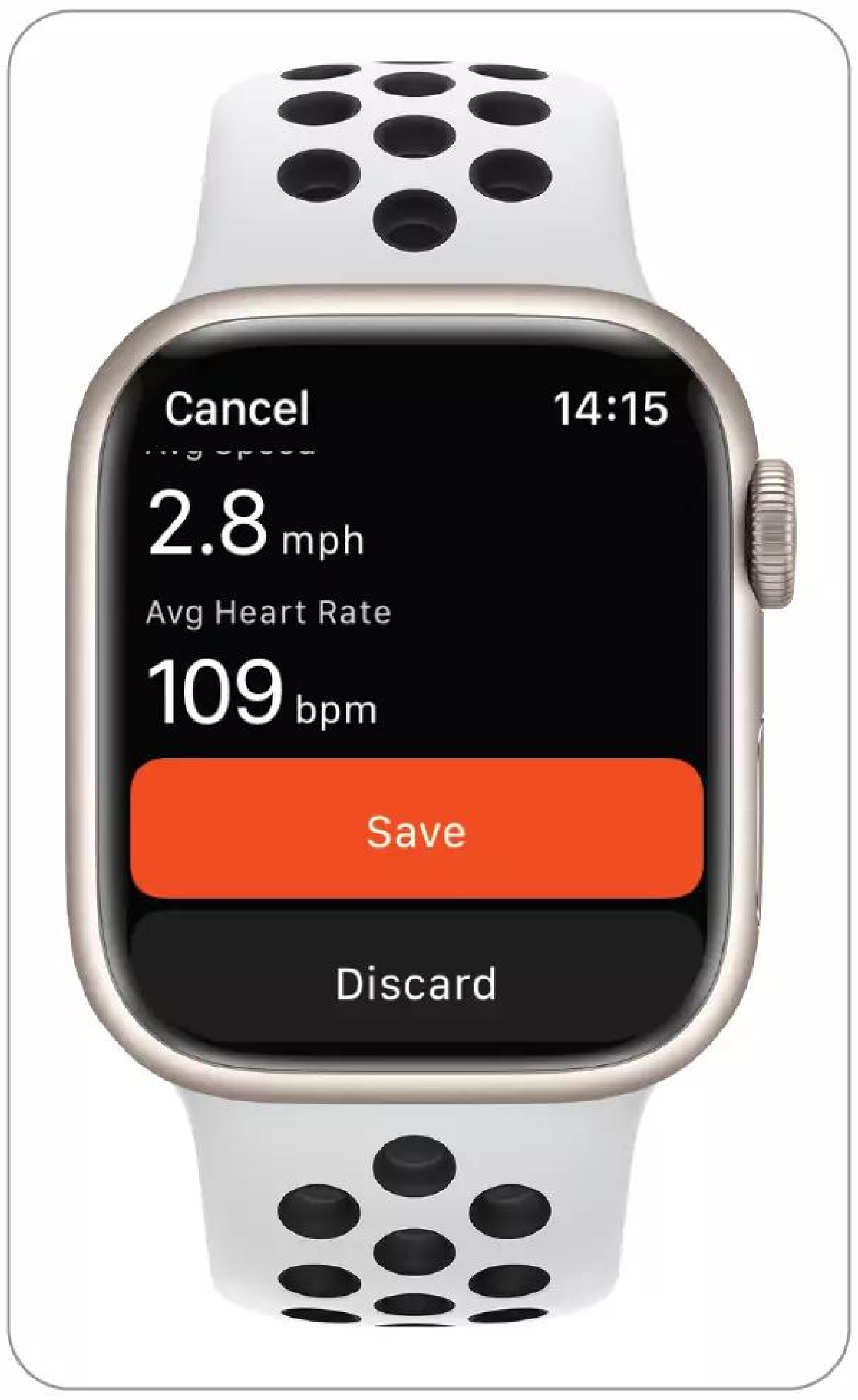
00:01:07

Distance
0.02 mi

Avg Speed
1.1 mph

Avg Heart Rate
101 bpm

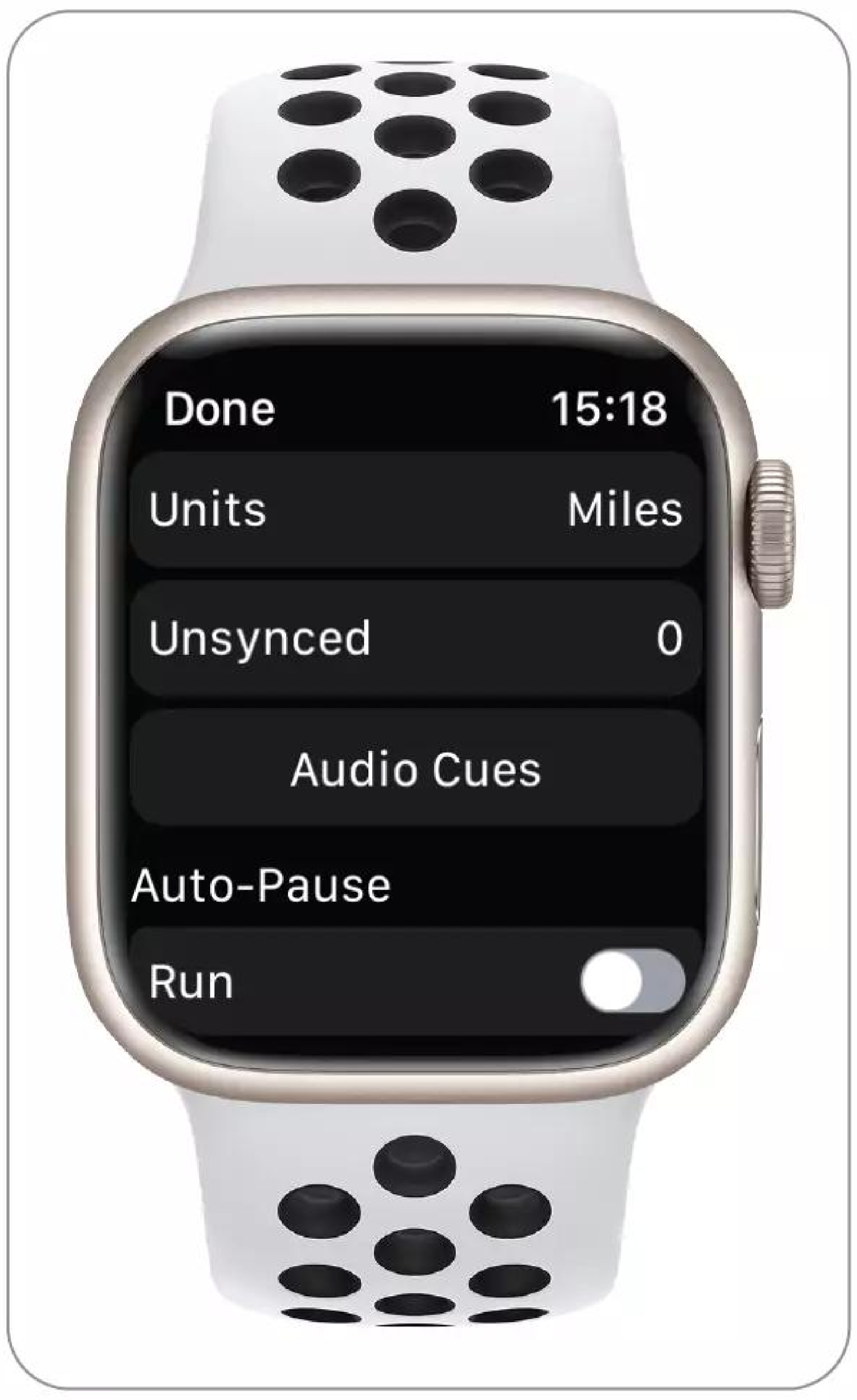
6 When you've completed your exercise and tapped the Finish icon, you're shown a new screen which compiles the results of your exercise. It shows the duration, distance, average speed and average heart rate across the exercise.


Cancel
14:15
Save
Discard

2.8 mph

Avg Heart Rate
109 bpm

7 Scroll up the previous screen and at the bottom, you'll see two buttons. You can save your results for later review, or discard them. If you save your results, they're uploaded to your iPhone. Open the Strava app on iPhone to see them.

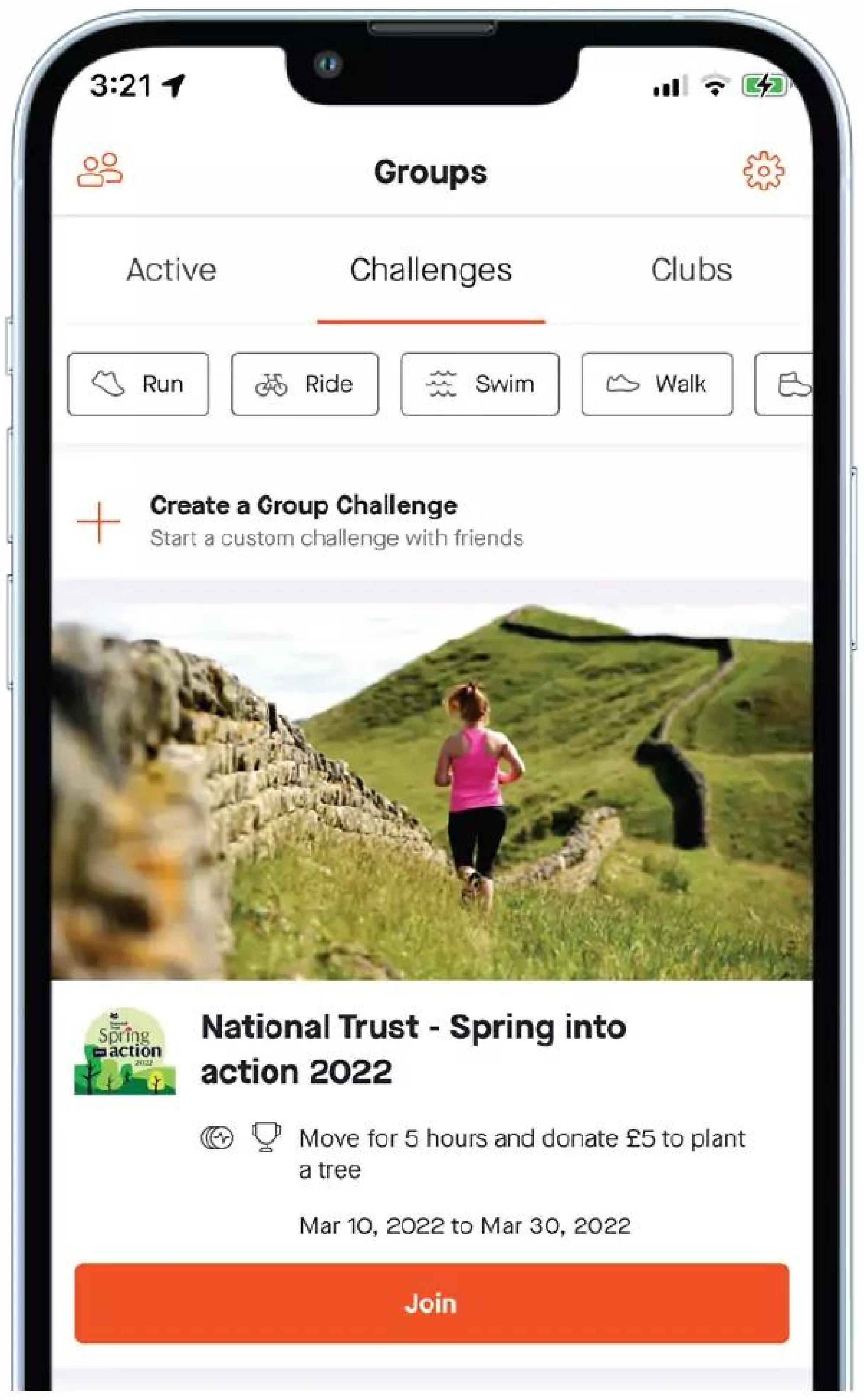

Done
15:18
Audio Cues
Auto-Pause

Units Miles

Unsynced 0

Run ○

8 Under the Settings option on the screen we saw earlier, you can toggle the distance units between miles and kilometres, check how many unsynced exercise results you have, add audio cues to your workouts and more.


3:21
Groups
Active
Challenges
Clubs
Run
Ride
Swim
Walk
Join

Create a Group Challenge
Start a custom challenge with friends

National Trust - Spring into action 2022
Move for 5 hours and donate £5 to plant a tree
Mar 10, 2022 to Mar 30, 2022

9 One of the best things about the Strava app is its social element. In the iPhone app, tap the Groups tab and you can accept challenges, join groups, follow friends who also use the app and more. Some features require a subscription.

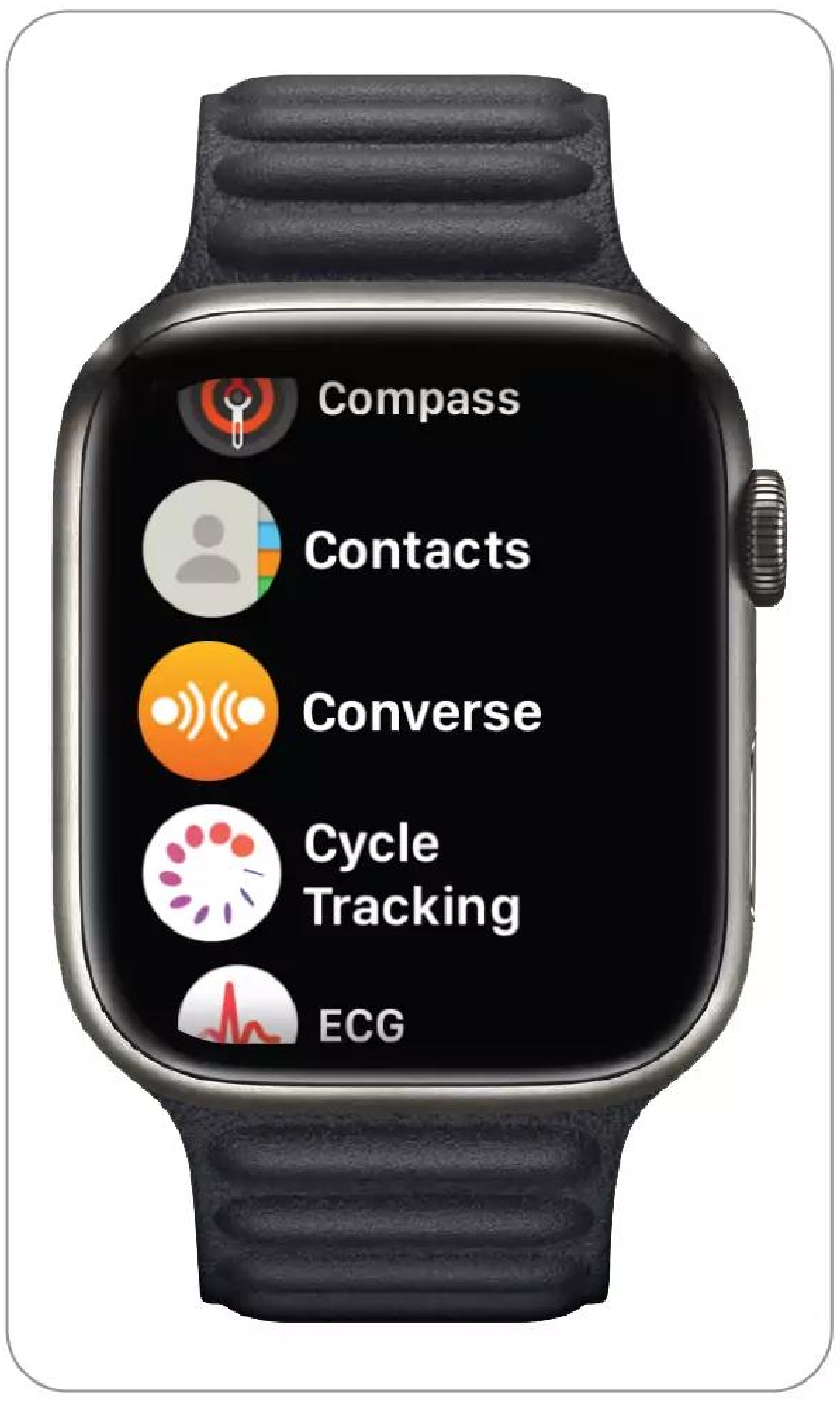
iTranslate Converse Mit Ihre Klug Sehen

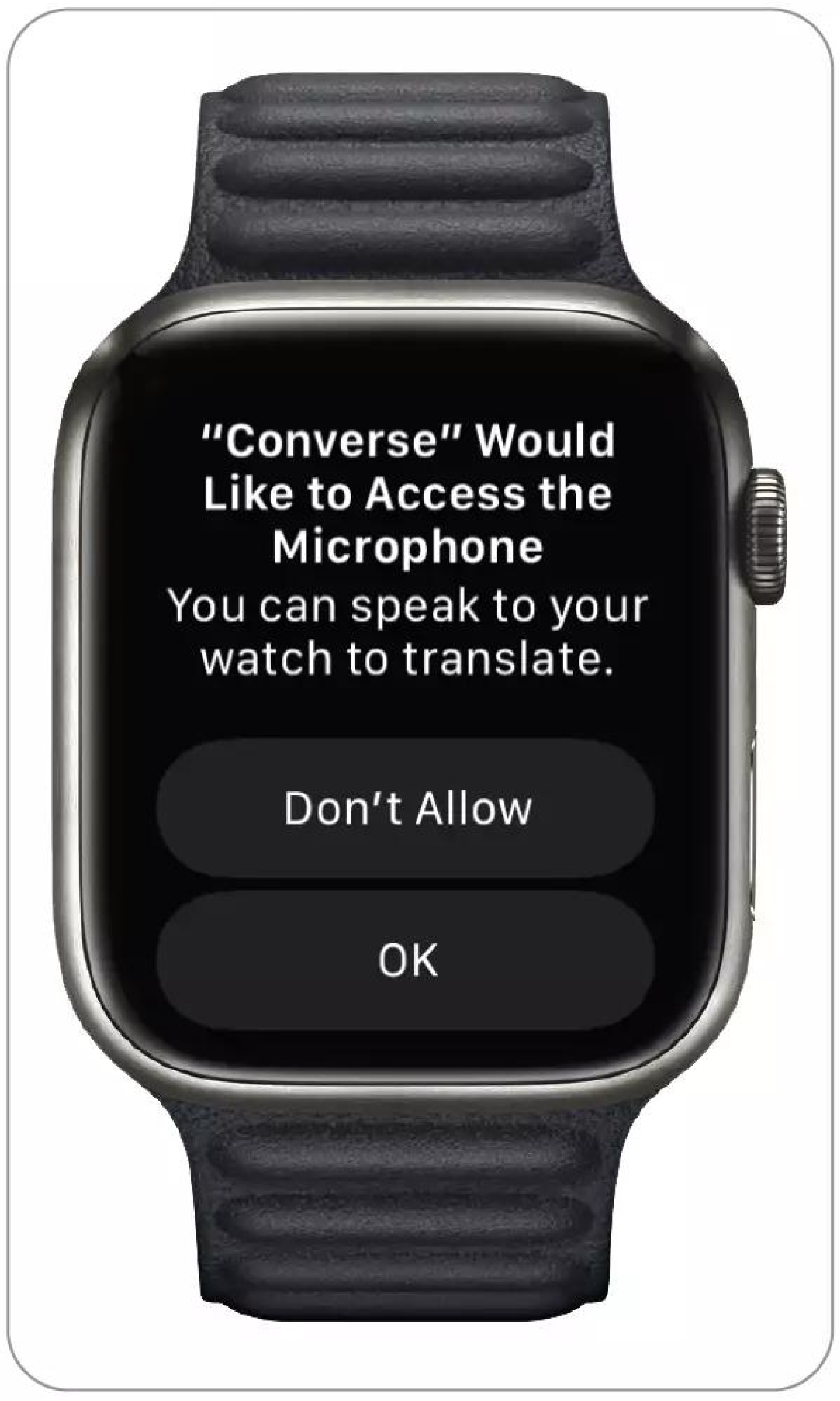
This real-time voice translator won an Apple Design award at the Worldwide Developer's Conference in 2018, and since then, it's gone from strength to strength. All you need to do to use the app on your iPhone is select your languages, and speak into the microphone. The app translates between your chosen tongues.

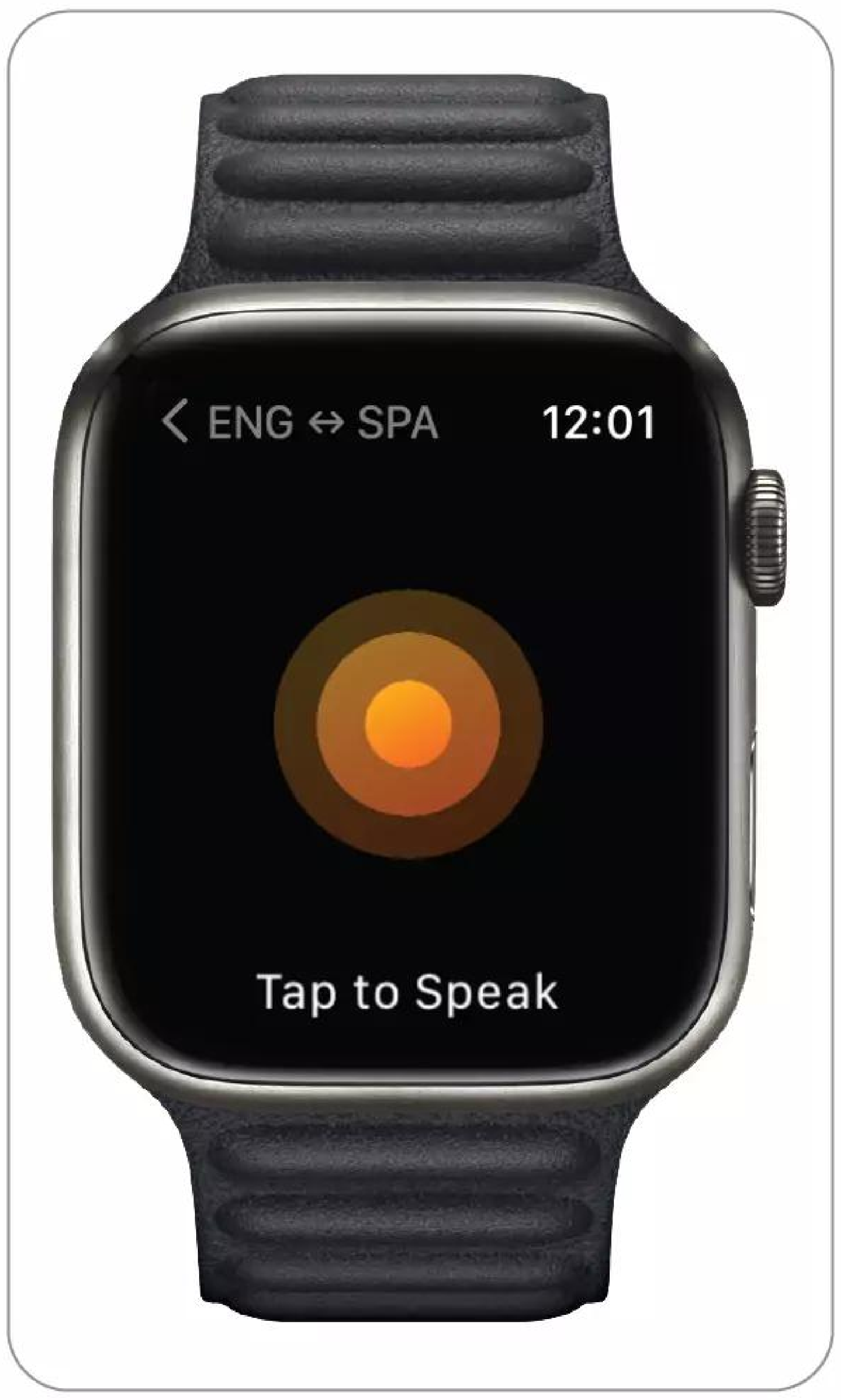
Compass
Contacts
Converse
Cycle Tracking
ECG

Translating on the Watch

iTranslate Converse also has an Apple Watch app which you can use for translations, without taking your phone out of your pocket. Here's how to use the app on your wrist, for quick and easy translations.



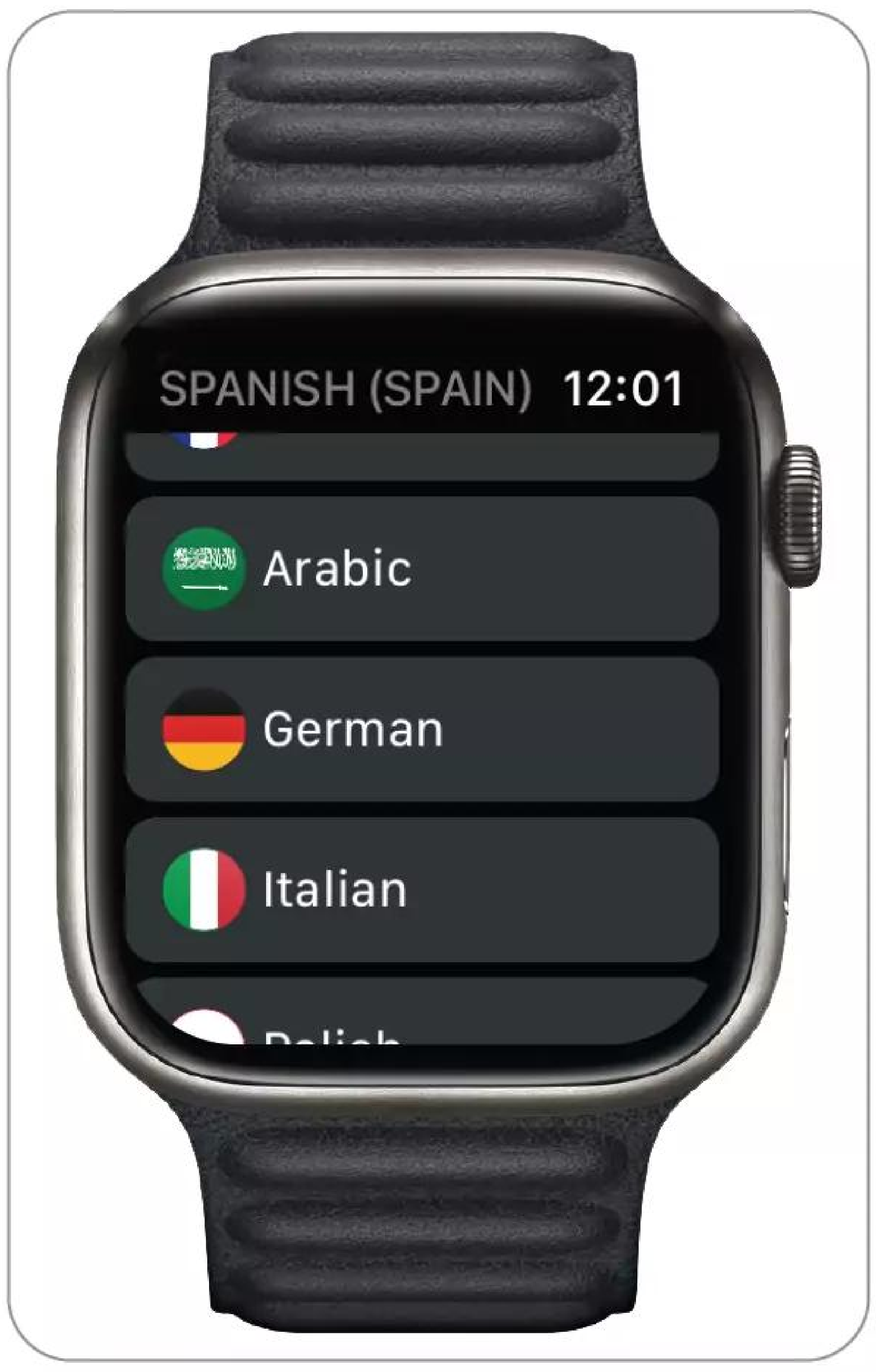

"Converse" Would Like to Access the Microphone
You can speak to your watch to translate.



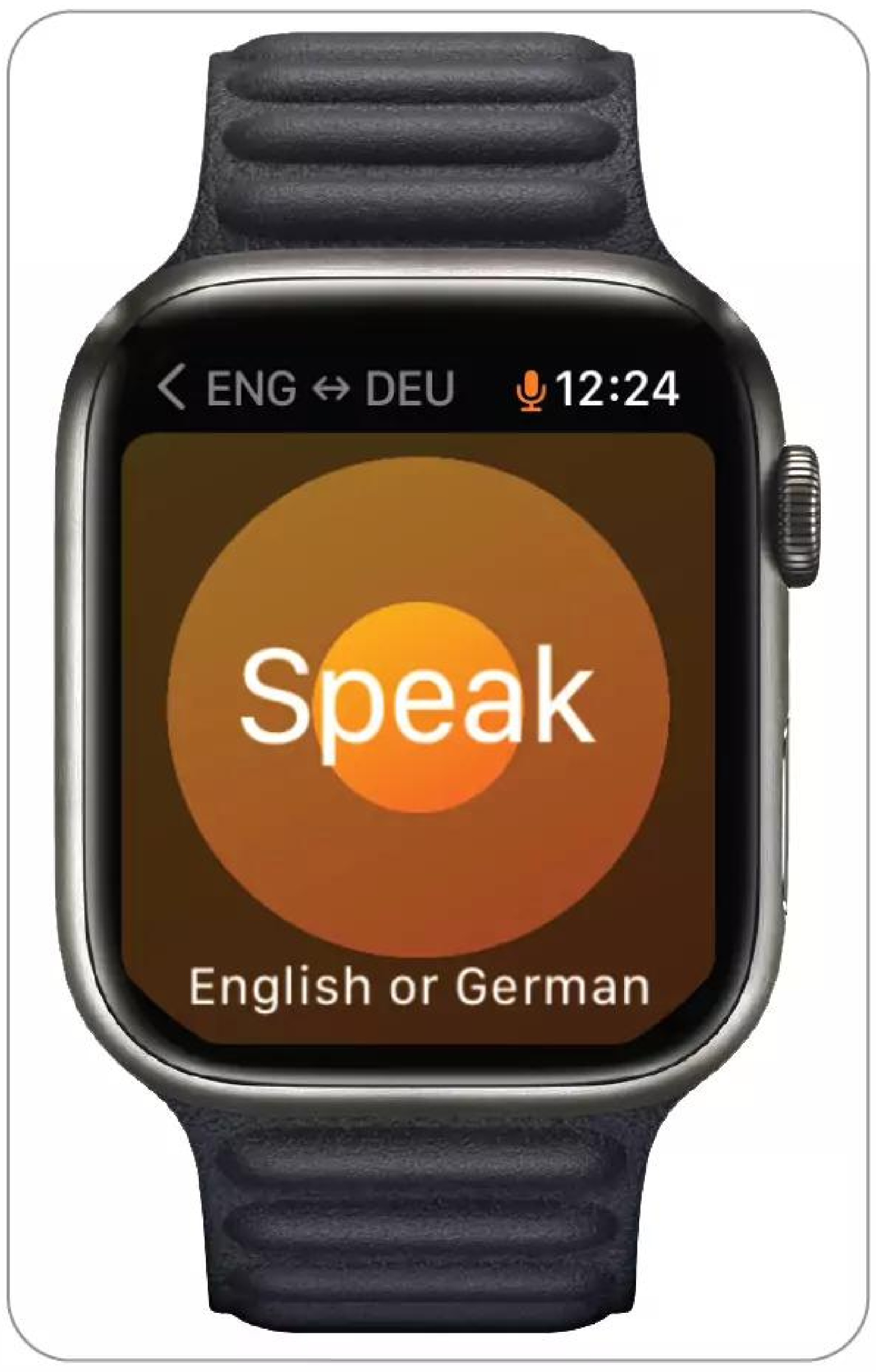
1 The iPhone and Apple Watch apps are called 'Converse', so if you're using your Apple Watch Home screen in list view, look under 'C' for the app. It has an orange icon showing two dots, representing two people chatting.

2 In order to 'listen' to what you're saying and translate it into the language of your choice, the Apple Watch app needs to access your microphone. When you see this screen, tap the 'OK' button to give it permission.

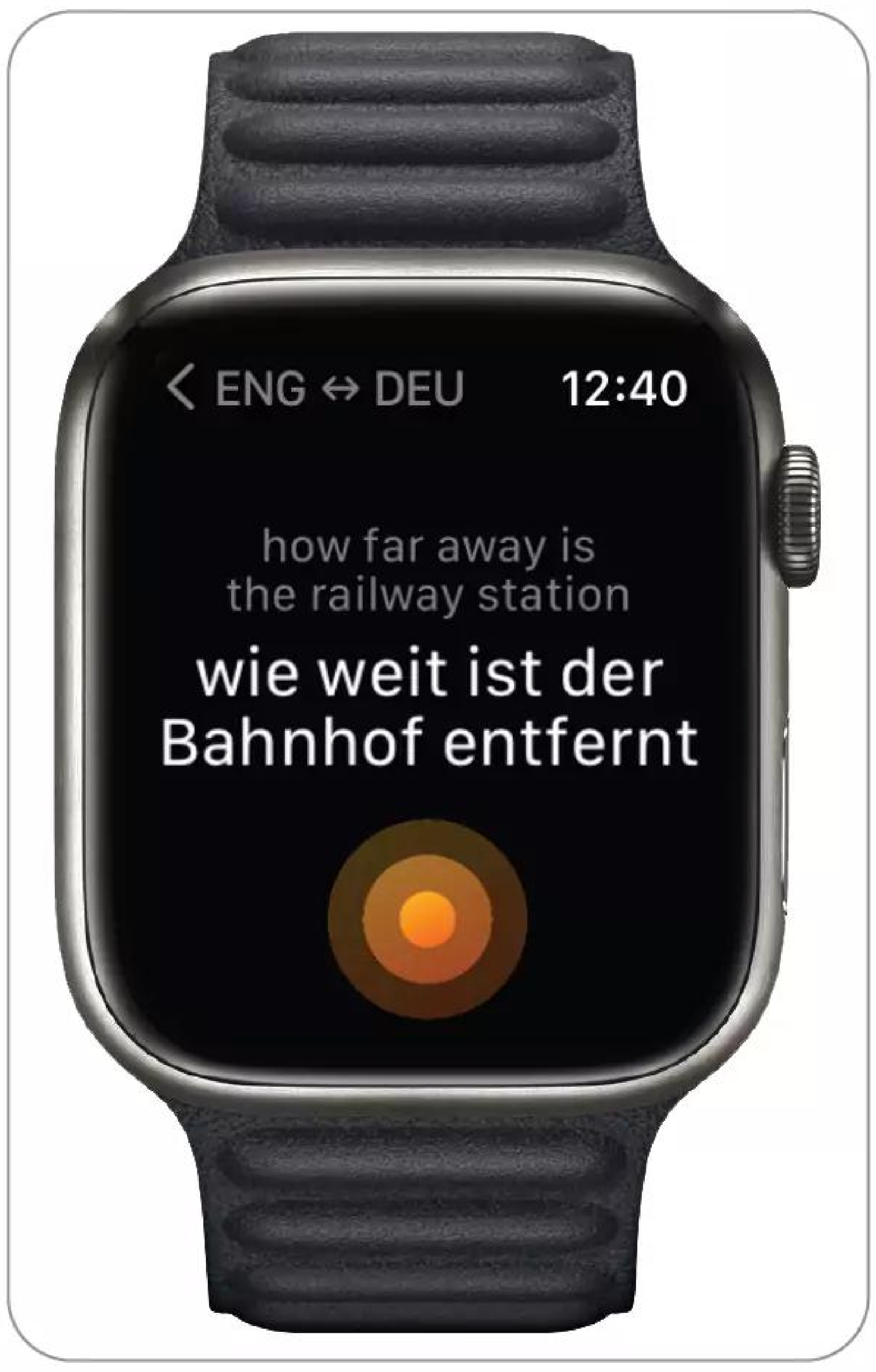
3 On opening the Converse app, with approval given, you're invited to start a conversation translating your native language into the default language. If you want to change this second language, tap the chevron in the top-left.


SPANISH (SPAIN) 12:01
Arabic
German
Italian
Polish

4 You're shown a list of the 38 different languages available with the iTranslate Converse app. Scroll up and down with the digital crown until you spot the one you want, and then tap it to select. The most popular ones are listed first.


ENG ⇔ DEU 12:24
Speak
English or German

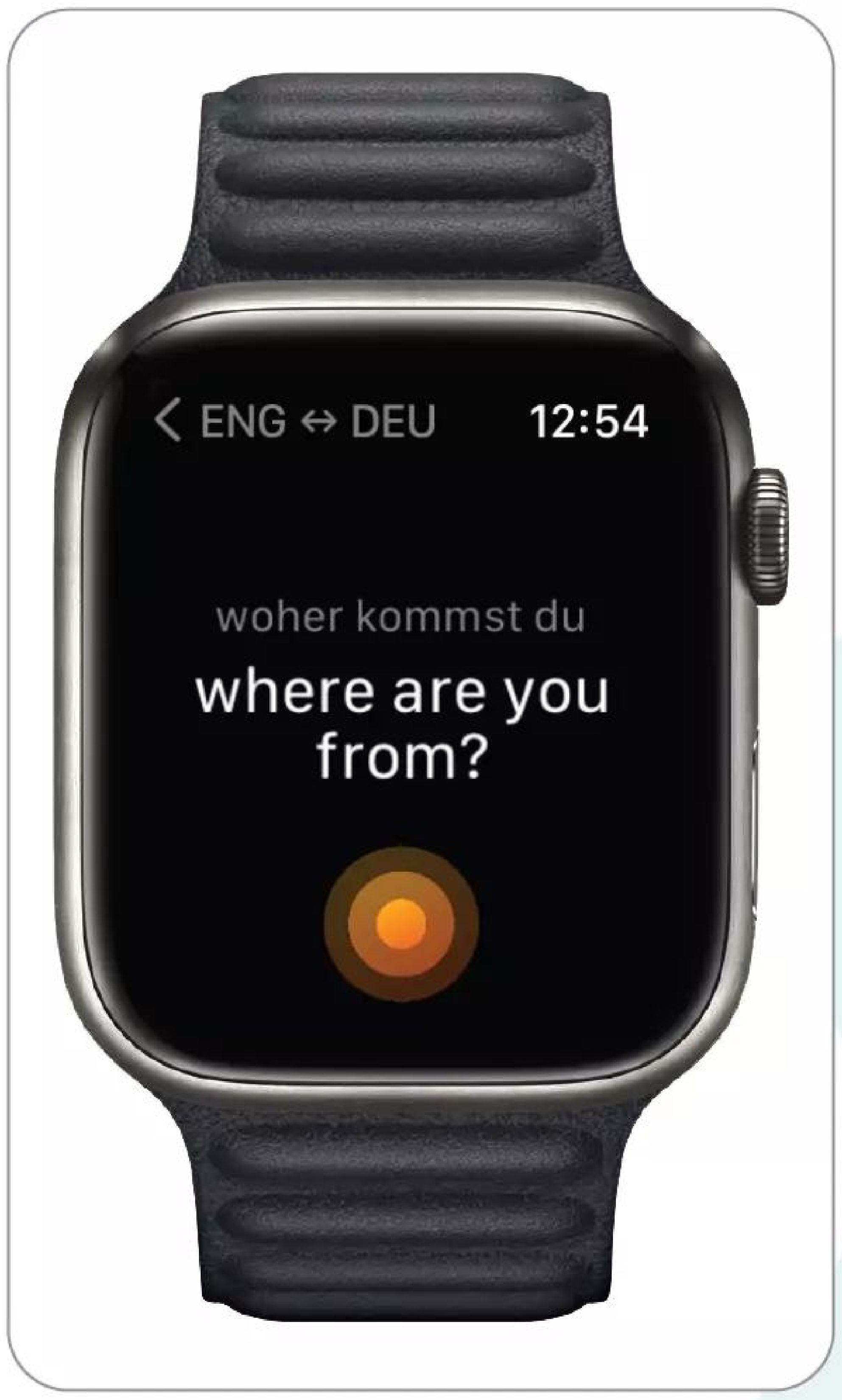
5 When you're ready, tap the graphic in the centre of the screen and speak your message. Just say it as you would in normal conversation; there's no need to speak extra slowly or offer your thoughts one word at a time.


ENG ⇔ DEU 12:40

how far away is the railway station

wie weit ist der Bahnhof entfernt

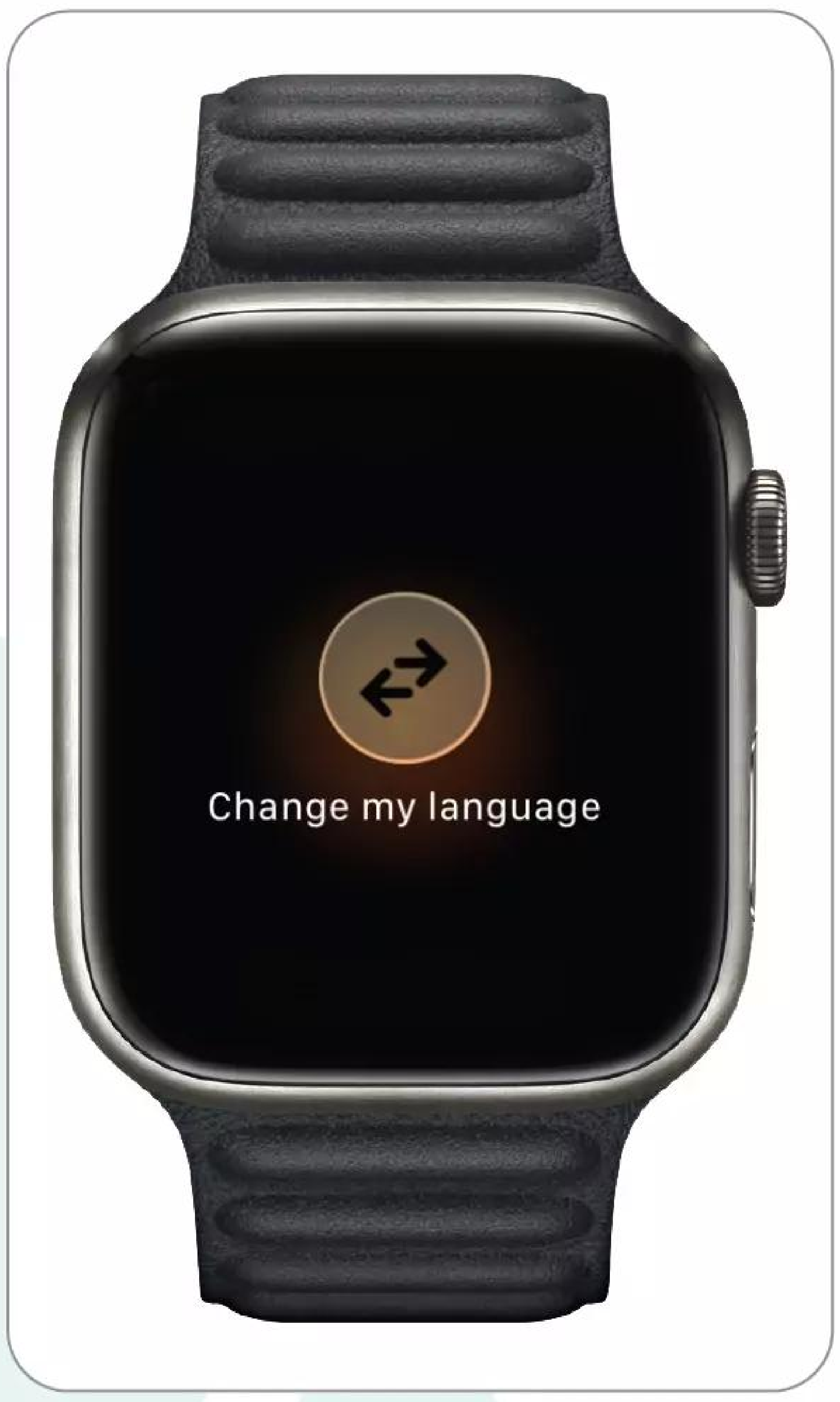
6 After you've finished speaking, simply wait. The word 'Translating' appears under the orange graphic, and after a few seconds, what you said is shown on the screen in both languages. The translation is spoken out loud too.


ENG ⇔ DEU 12:54

woher kommst du

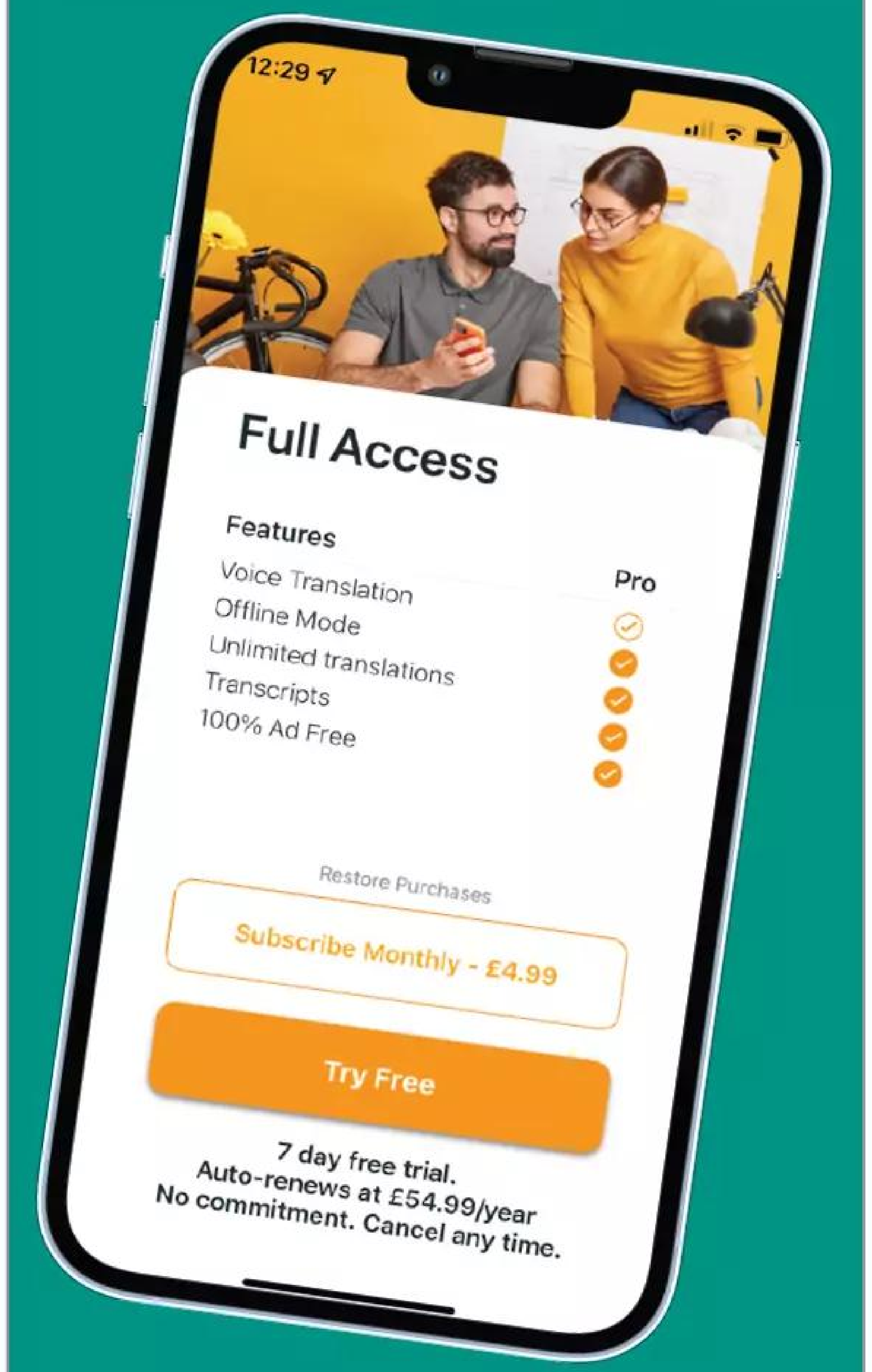
where are you from?

7 Once finished, you can tap the orange graphic again and say something else, or get the person you're conversing with to do so, and speak in their language. When you've selected languages, the translation goes both ways.


Change my language

8 If you wish to use a language other than the one your watch presents in, deep press on the screen to see the Change Language icon. Tap it and choose another language, which will then be used to translate from.

Subscribe for More


12:29
Full Access
Features
Pro
Voice Translation
Offline Mode
Unlimited translations
Transcripts
100% Ad Free
Restore Purchases
Subscribe Monthly - £4.99
Try Free

7 day free trial.
Auto-renews at £54.99/year
No commitment. Cancel any time.

iTranslate Converse has a great free version, but if you subscribe for a small monthly fee, you'll get extra options such as offline translations, transcripts, no ads and limitations removed.

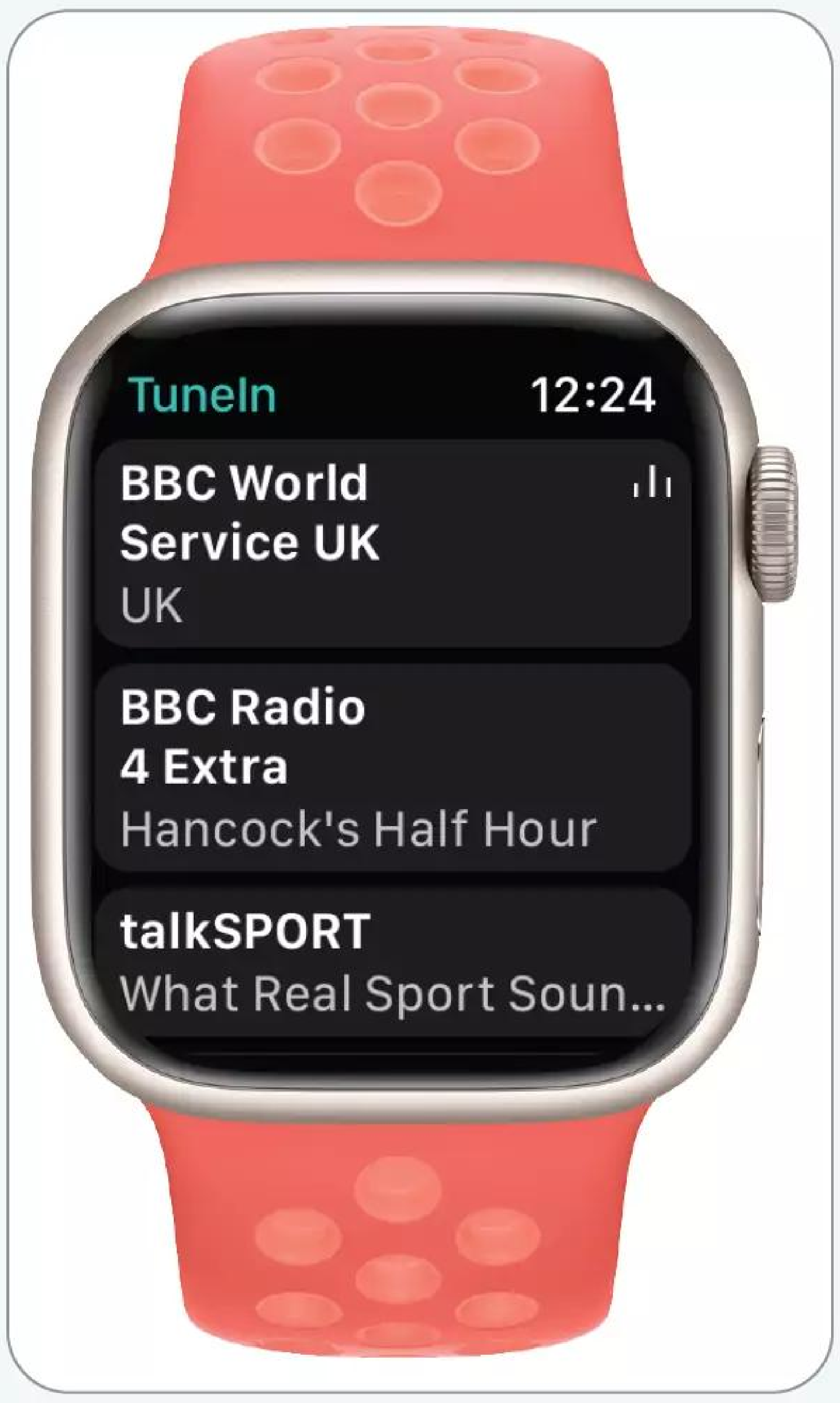
Tune in to TuneIn Radio

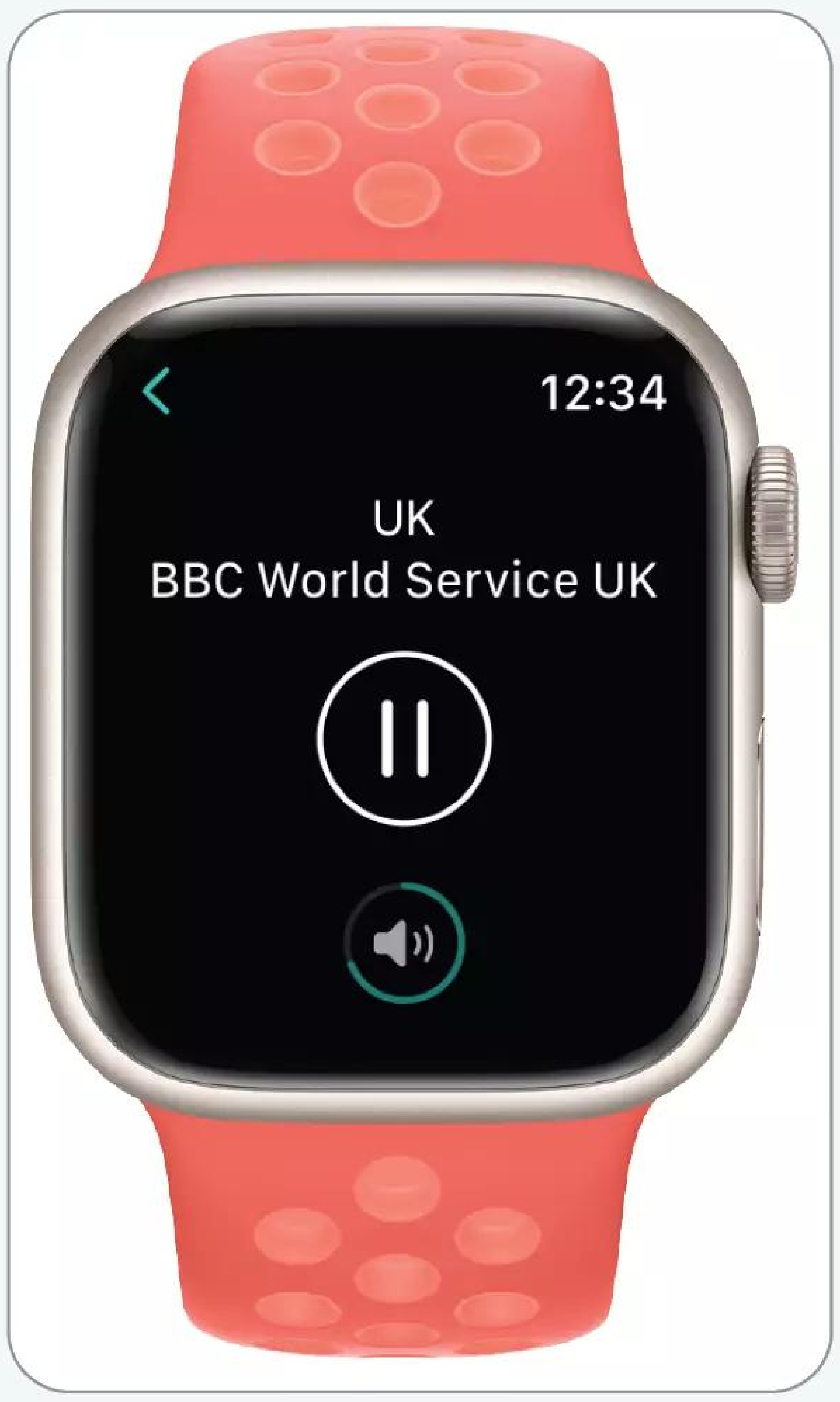
TuneIn Radio is an excellent radio app that can stream services from all over the world. It has a paid-for option, which cuts down on the adverts, but its free service is very comprehensive. Open the iPhone's TuneIn Radio app and you can choose from recent stations, local broadcasters, popular news and podcasts or music by genre.

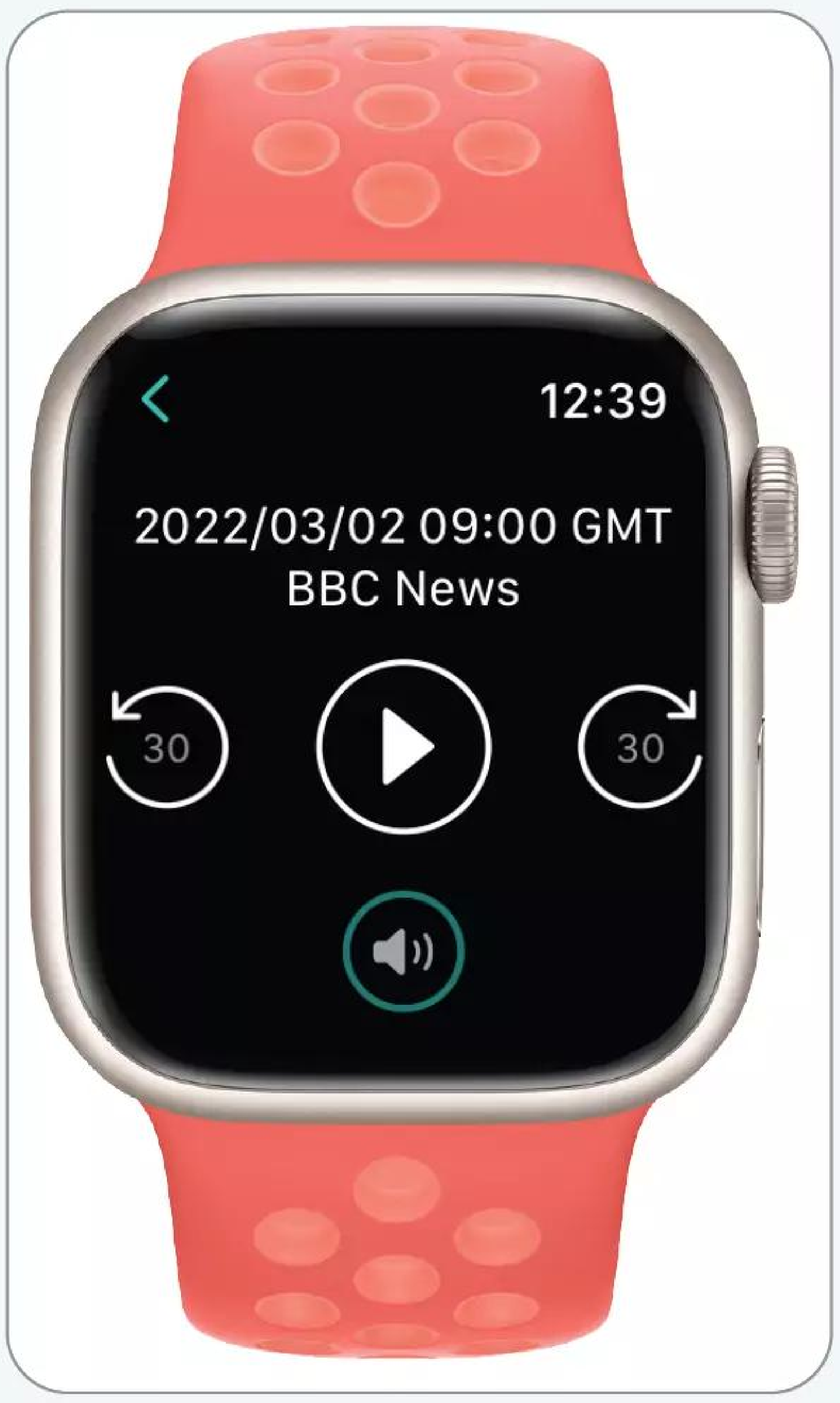
TuneIn
12:24
BBC World Service UK
UK
BBC Radio 4 Extra
Hancock's Half Hour
talkSPORT
What Real Sport Soun...

TuneIn's Watch App

The TuneIn Radio app has a companion app for the Apple Watch. It acts as a useful controller for the iPhone app, especially if you have your iPhone connected to a speaker dock.


TuneIn
12:24
BBC World Service UK
UK
BBC Radio 4 Extra
Hancock's Half Hour
talkSPORT
What Real Sport Soun...


12:34
UK
BBC World Service UK


12:39
2022/03/02 09:00 GMT
BBC News
30
30

1 Open the TuneIn Radio app on your Apple Watch. You'll see a list of the stations and programmes you've recently listened to. Scroll up and down on this list using the digital crown, and tap one to tune into it again.

2 After tapping on a radio show or station on your Apple Watch app, you'll see this screen. You can pause and unpause the stream from here, and also use the digital crown to increase and lower the volume by scrolling it.

3 If you tune in to a catchup radio service or a podcast, two more controls are available on the Apple Watch screen. Skip forwards or backwards through the show, 30 seconds at a time, tapping the respective icons.

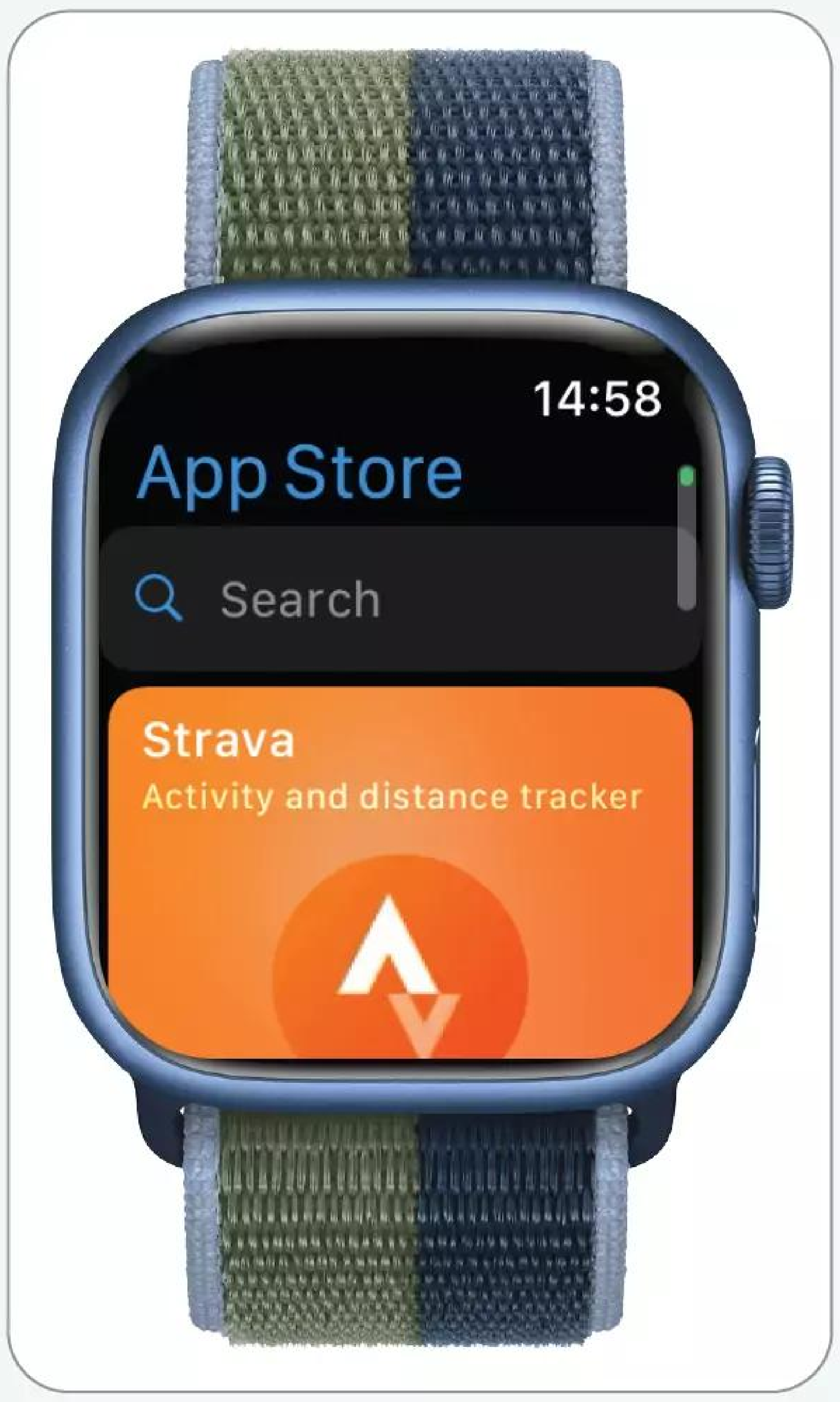
Shopping at Apple Store

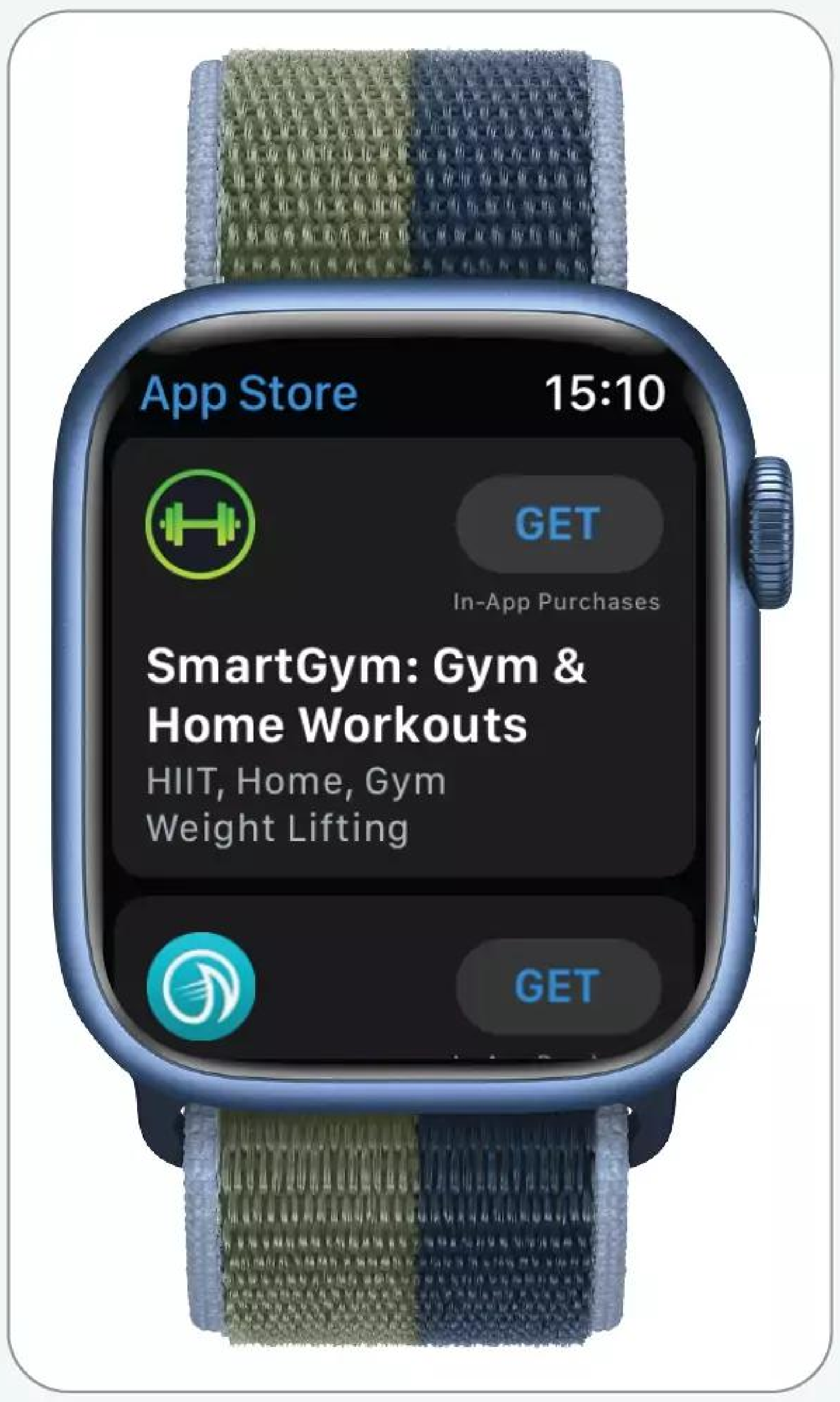
As you'd expect, Apple's own Apple Store application also has an Apple Watch companion. You can use it to buy all sorts of apps for your Apple Watch, directly from the watch itself. It's easy to use, and again as you'd expect, it's free to download and install. Here's a guide to what you can do with Apple Store on Apple Watch.

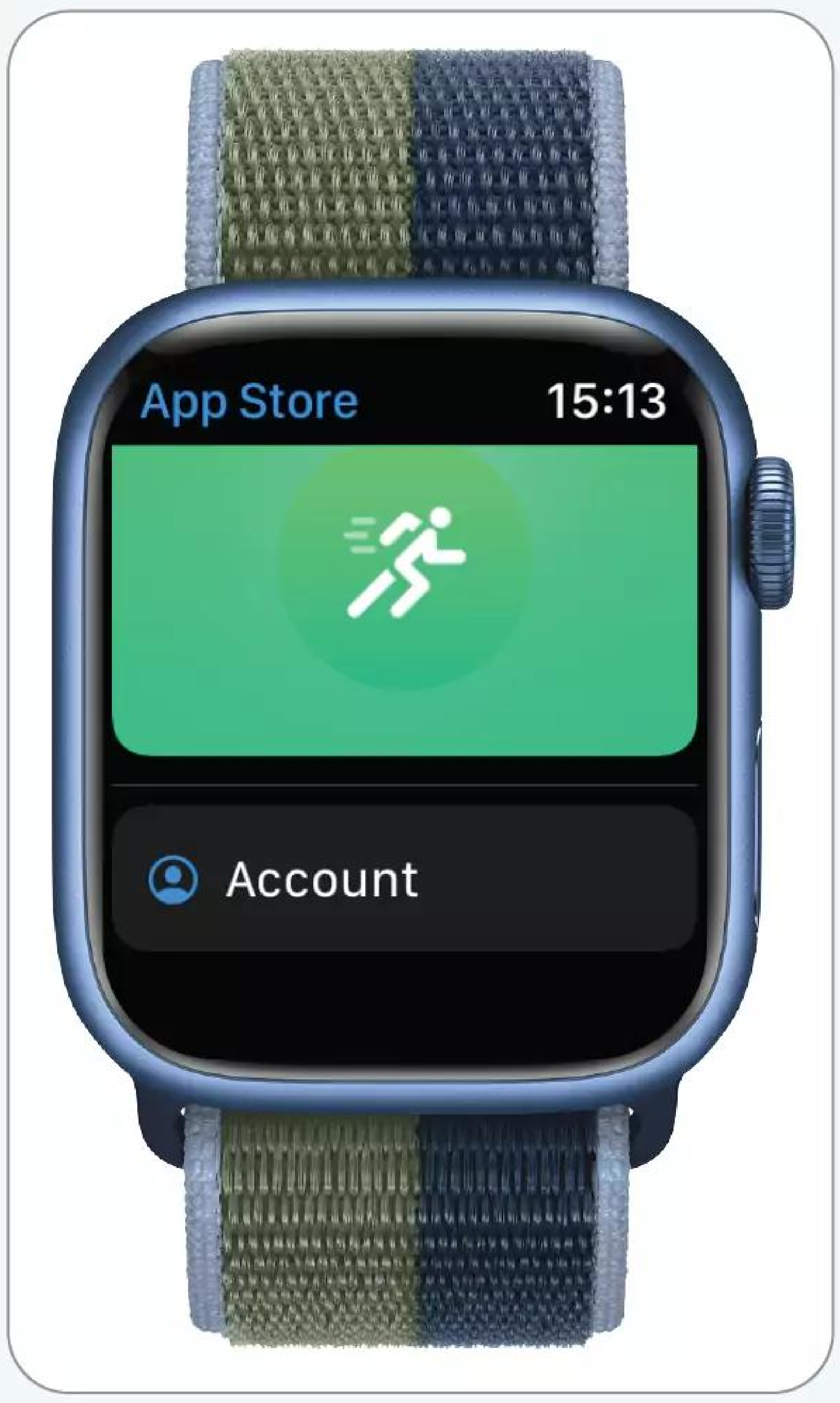
App Store
14:58
Search
Strava
Activity and distance tracker

Shopping on your Wrist

Install the Apple Store application on your iPhone in the usual way, and make sure the Apple Watch component is also installed. Then open Apple Store on your Apple Watch from the App Picker.


14:58
App Store
Search
Strava
Activity and distance tracker


App Store
15:10
GET
In-App Purchases
SmartGym: Gym & Home Workouts
HIIT, Home, Gym
Weight Lifting
GET


App Store
15:13
Account

1 On first opening the Apple Store app on your Apple Watch, you'll see this screen, with its Search field on the top. Tap this search field, enter a term and tap Search (top right), if you're looking for something specific.

2 Scroll up with the digital crown to see various banners for apps recommended by Apple's editors. Scroll further for apps, displayed in the same way as they are in the App Store. Buy them in the same way too.

3 Scroll all the way to the bottom of the page for a button marked 'Account'. Tap this to see your account details. From there, you can review purchased apps, subscriptions and apps that have recently been updated.

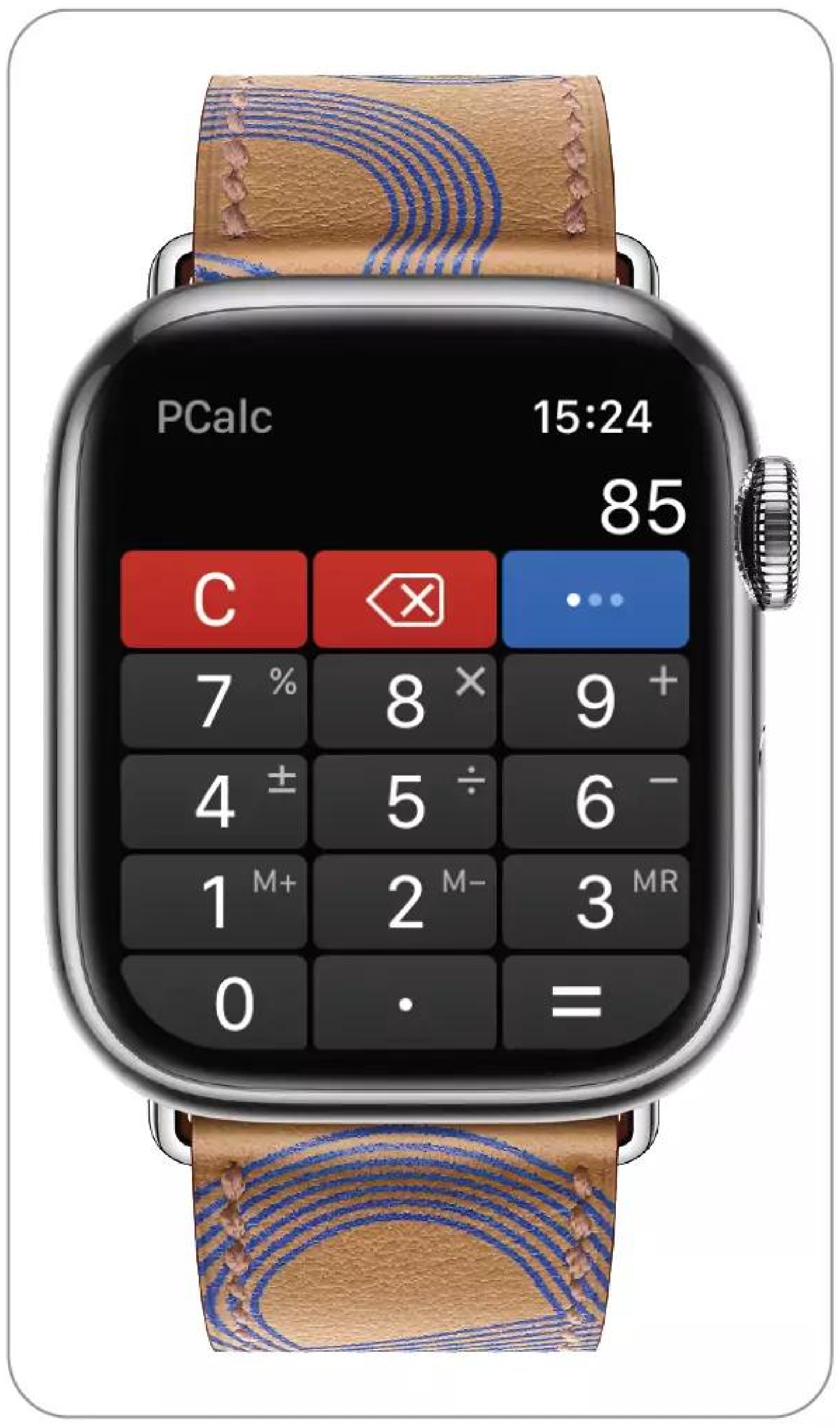
PCalc – Work it Out!

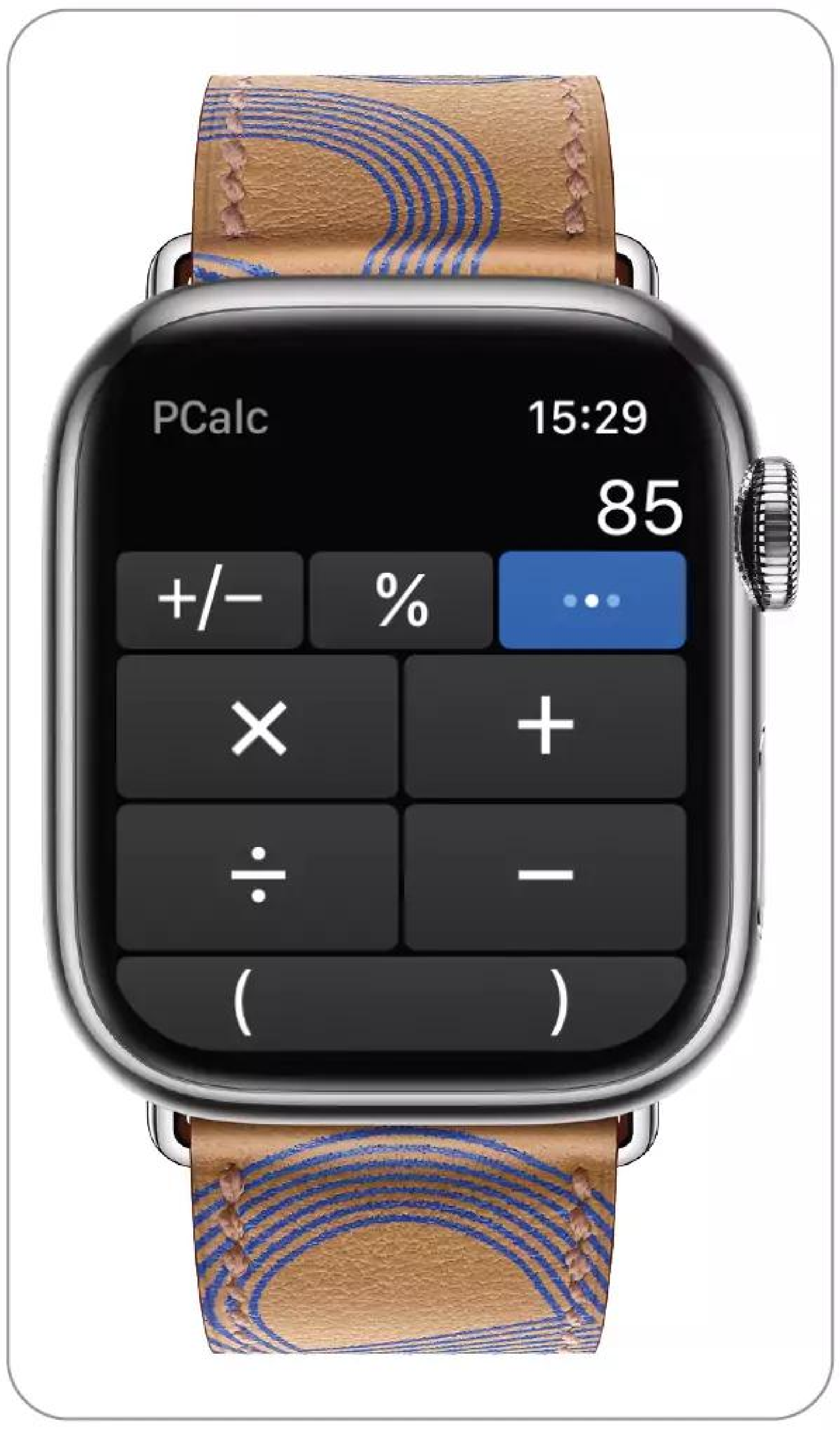
PCalc has long been the most respected calculator application for Apple devices, including the Mac, iPad, iPhone and, of course, the Apple Watch. Purchase and download the iPhone version of PCalc and the Apple Watch app is installed automatically on your watch. Give it a try – it's surprising how much it can do.

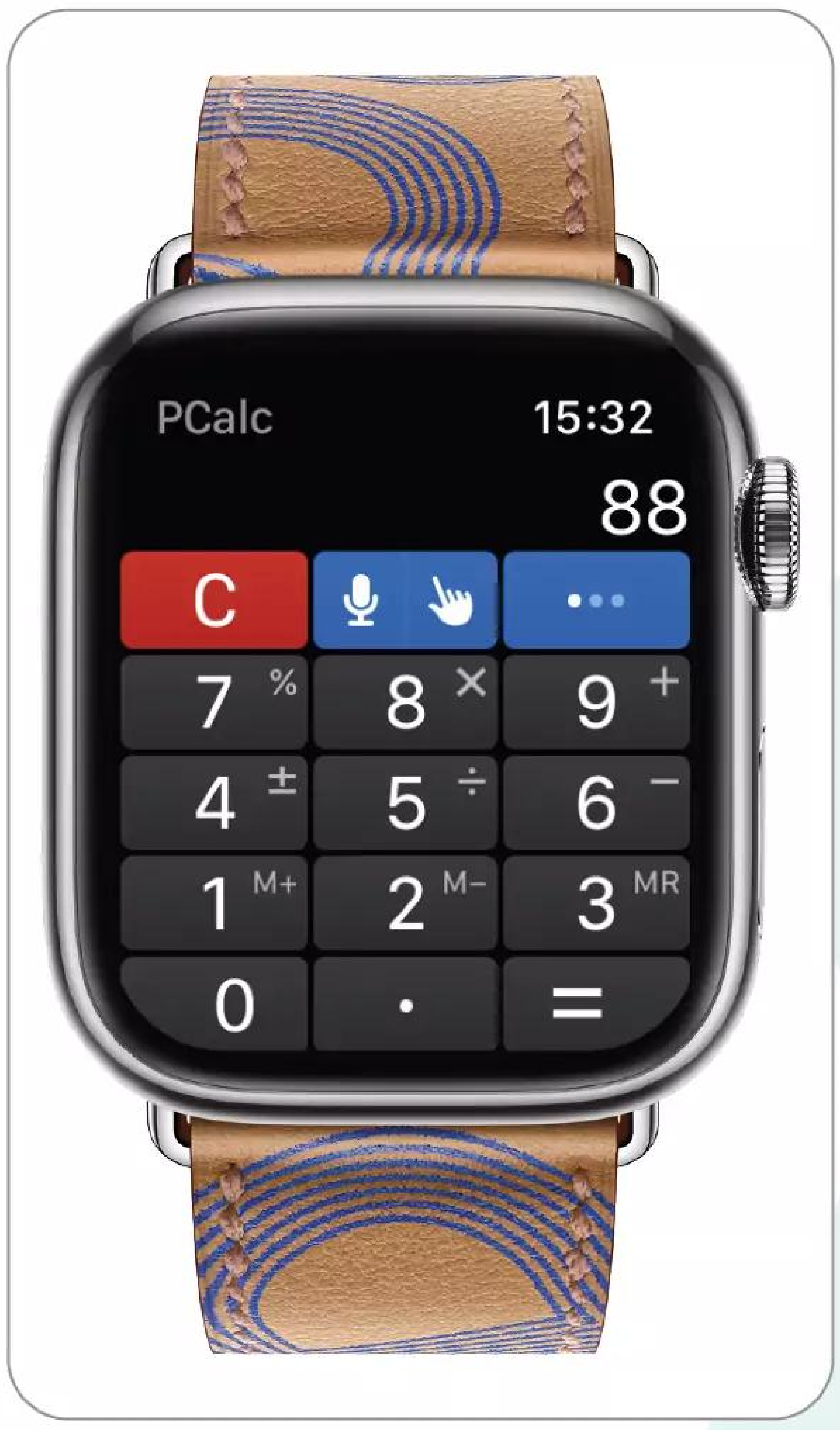
PCalc
15:24
85
C
7 %
8 ×
9 +
4 ±
5 ÷
6 −
1 M+
2 M−
3 MR
0
.
=

Features of PCalc on Watch

The Apple Watch component of the PCalc app does more than simple calculations. It can calculate tips, do trigonometric and logarithmic calculations, root and square root and even unit conversions, all from your wrist.



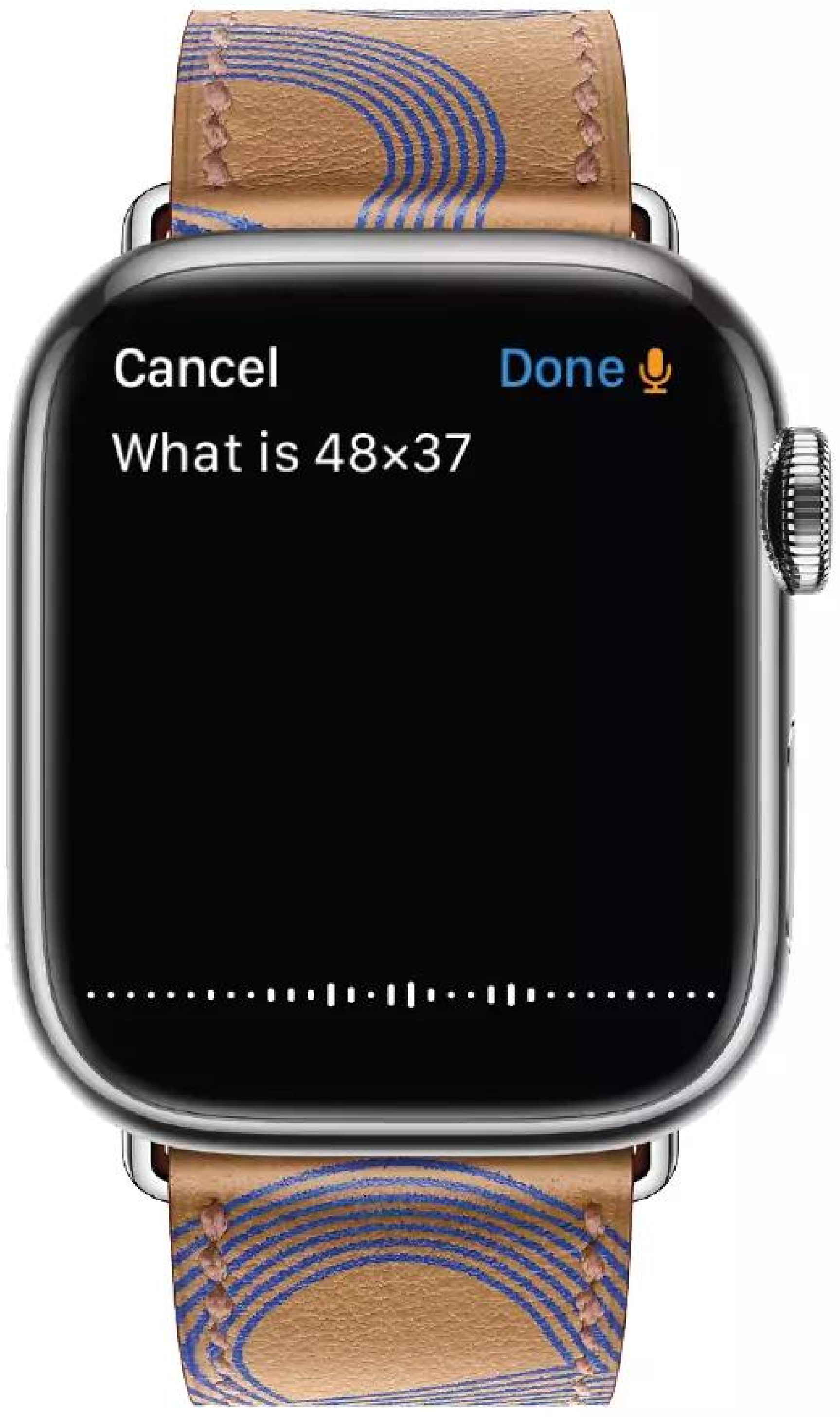




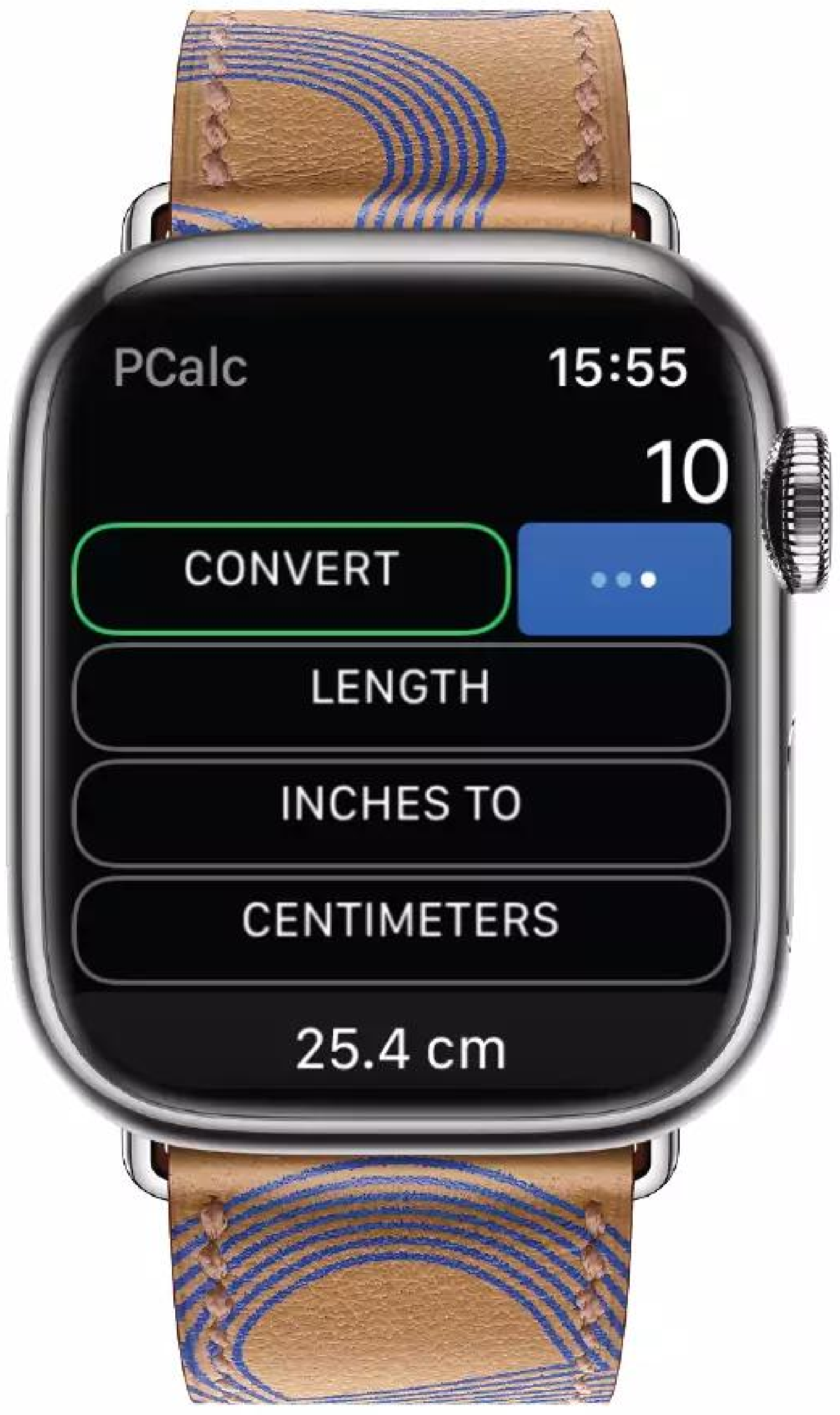
1 When you first open the PCalc app on your Apple Watch, you're shown a four-function calculator. Type in your first number, and when you need a function such as x, -, + or ÷, tap and hold the key it's shown on.

2 Alternatively, for a function, tap the blue button (top right), to go to this screen. Some might find the functions easier to access here, and you can also add brackets too. Tap the button again to return to the previous screen.

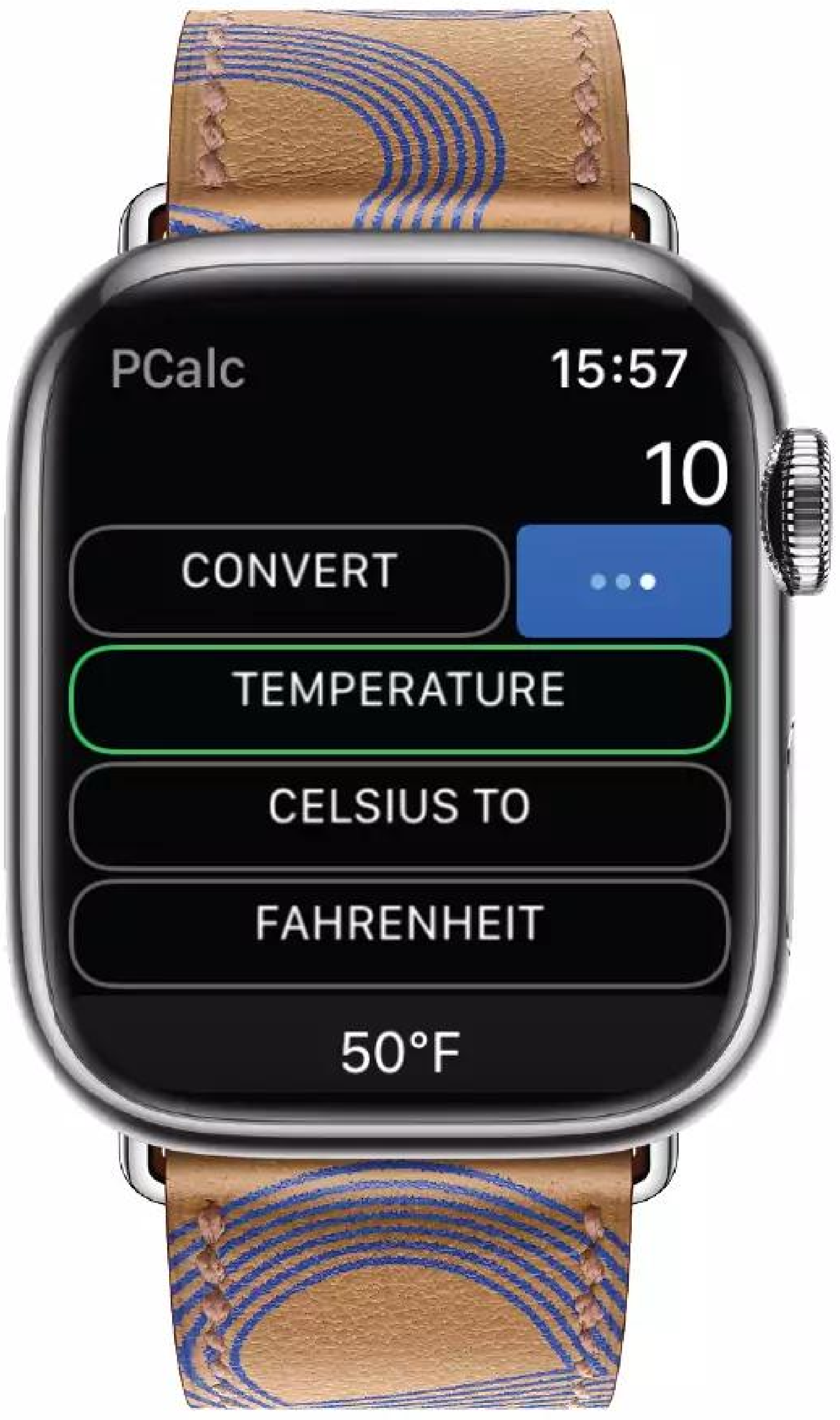
3 If you typed a number incorrectly, you can turn the digital crown to increase or decrease the last figure in your calculation. Remove the last thing typed by swiping right across the top of the screen, and left to redo it.


Cancel
Done
What is 48×37

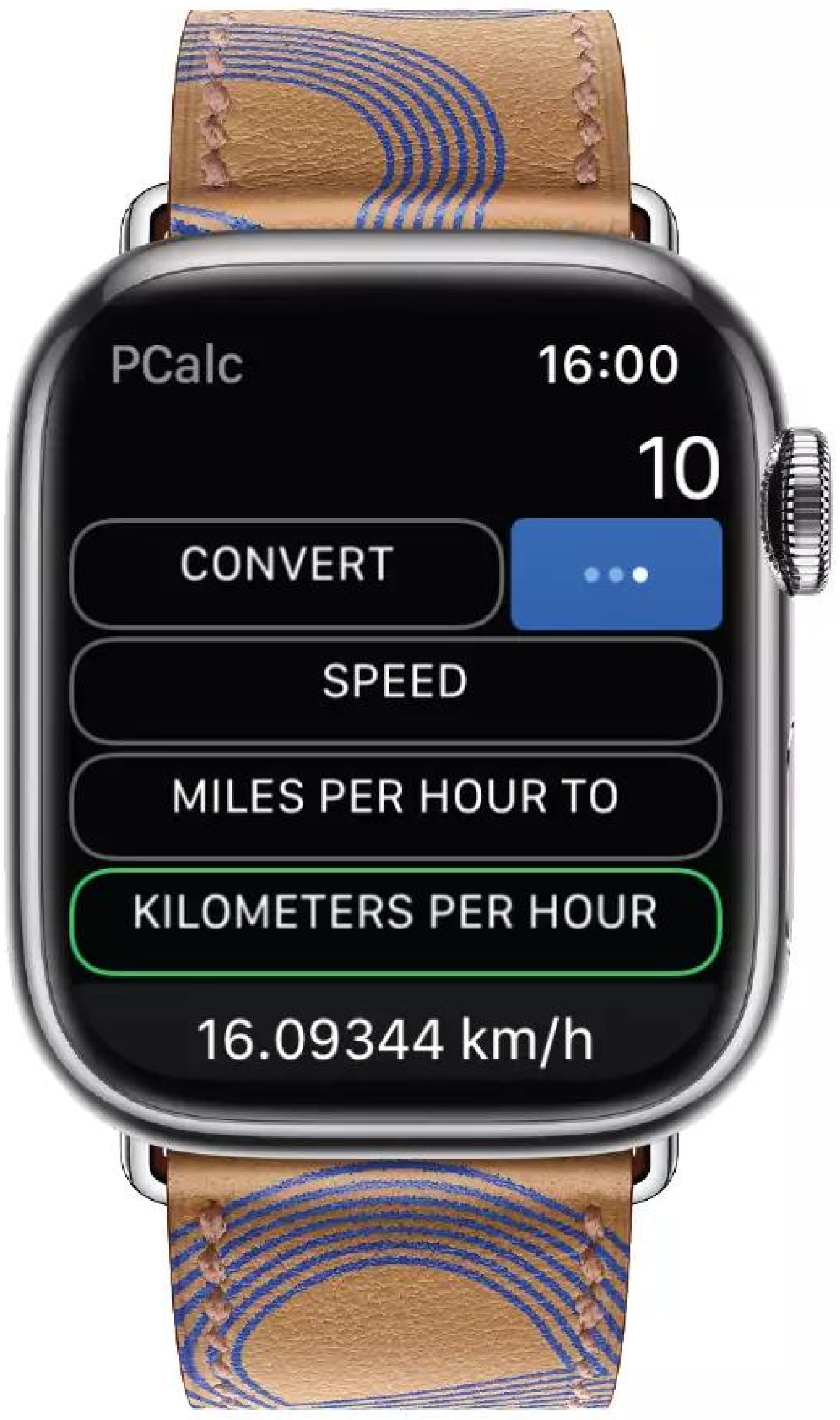
4 An even easier way to do your sums is to tap the top-middle button, the one with the microphone on it, and then simply speak your calculation. Tap the word 'Done' when you've finished, and the solution is offered.


PCalc
15:55
10
CONVERT
•••
LENGTH
INCHES TO
CENTIMETERS
25.4 cm

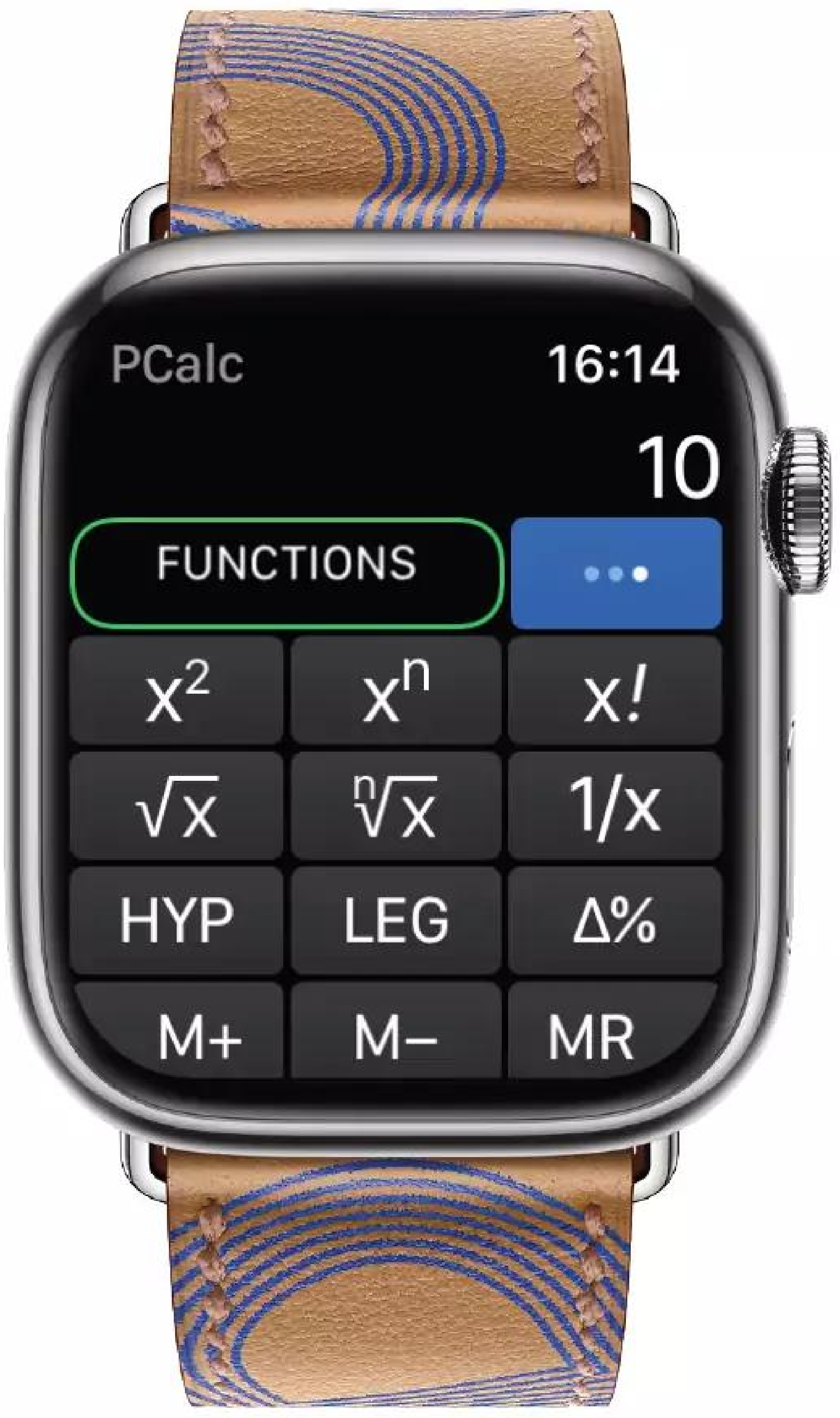
5 Tap the blue button with the three dots twice, so the third dot is active, and you'll see this screen. To make a conversion, input the number you wish to convert on the digits screen, then tap the blue dots icon twice to get to this screen.


PCalc
15:57
10
CONVERT
•••
TEMPERATURE
CELSIUS TO
FAHRENHEIT
50°F

6 Tap the uppermost of the long bubbles, and scroll the digital crown to select what it is you want to convert. Options include length, temperature, time, torque, volume, weight, fuel, energy and more.

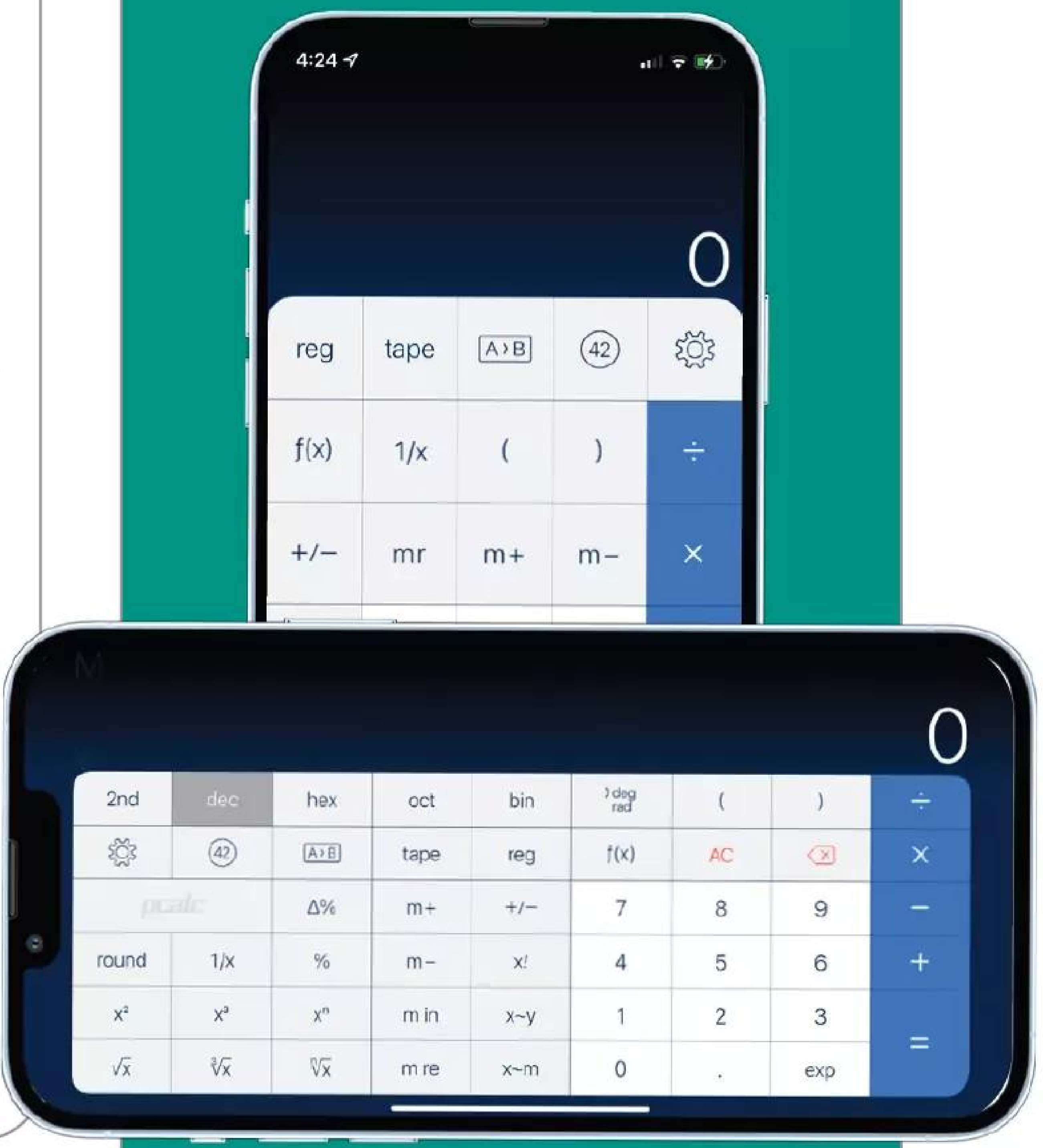

PCalc
16:00
10
CONVERT
•••
SPEED
MILES PER HOUR TO
KILOMETERS PER HOUR
16.09344 km/h

7 When done, tap the middle long bubble and choose what you're converting FROM. Then tap the lower bubble, and select what you're converting TO. Here we're converting 10 MPH to KPH; the result is shown at the foot of the screen.


PCalc
16:14
10
FUNCTIONS
•••
x²
xⁿ
x!
√x
ⁿ√x
1/x
HYP
LEG
Δ%
M+
M−
MR

8 If you tap the smaller bubble, which originally says 'Convert', you can scroll through more options, such as Constant, Trig/Log, Functions, Tips and more. Familiarise yourself with everything the app can do; you might be surprised.

A Scientific Calculator


4:24
0
reg
tape
A›B
42
f(x)
1/x
(
)
÷
+/−
mr
m+
m−
×
0
2nd
dec
hex
oct
bin
AC
round
7
8
9
4
5
6
1
2
3
0
.
exp
=

Like the iPhone's bundled calculator app, you can use PCalc on your iPhone as a regular or scientific device. Hold your phone vertically, and it's a regular calculator. Hold it horizontally, and it's scientific.

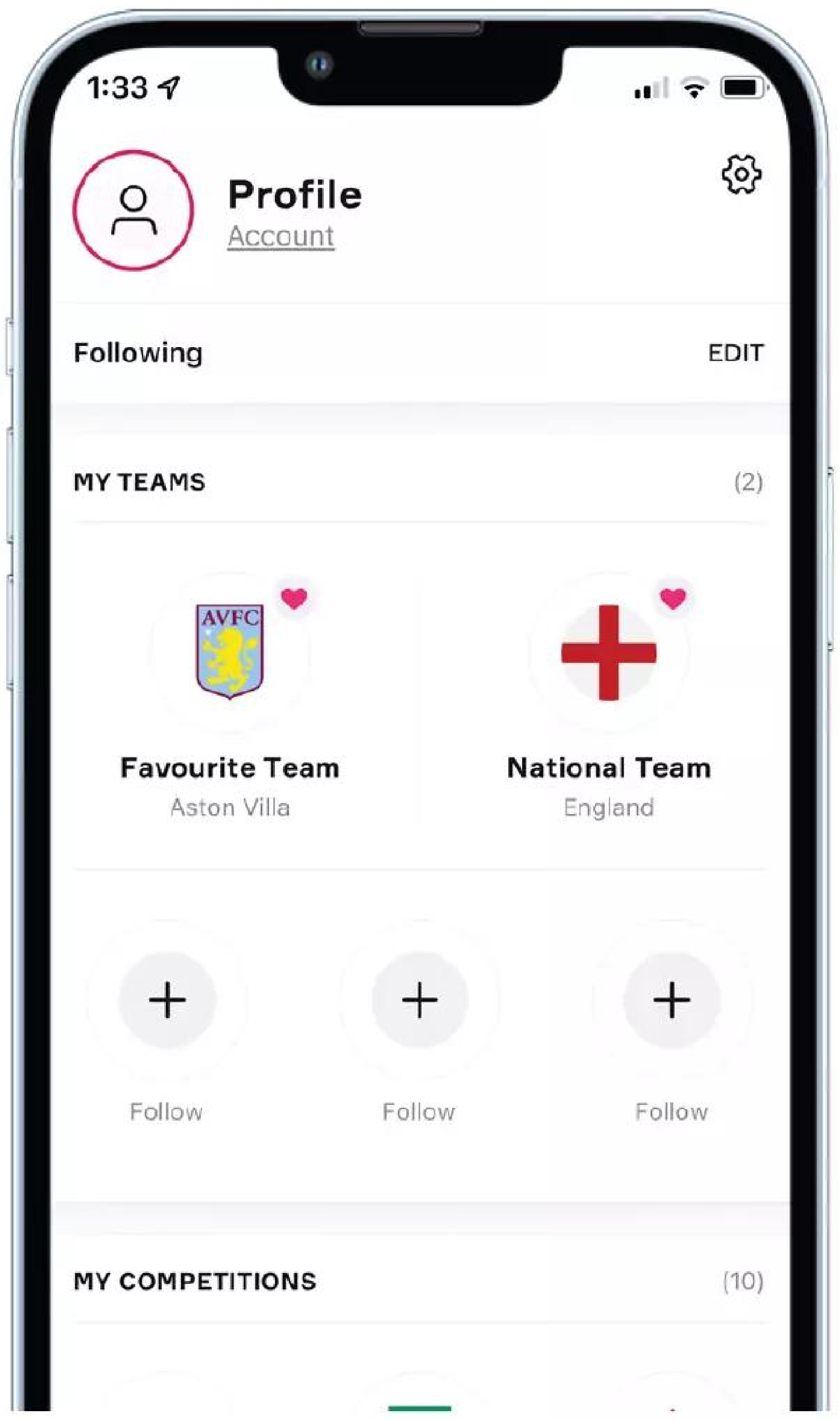
OneFootball – Follow the Goals

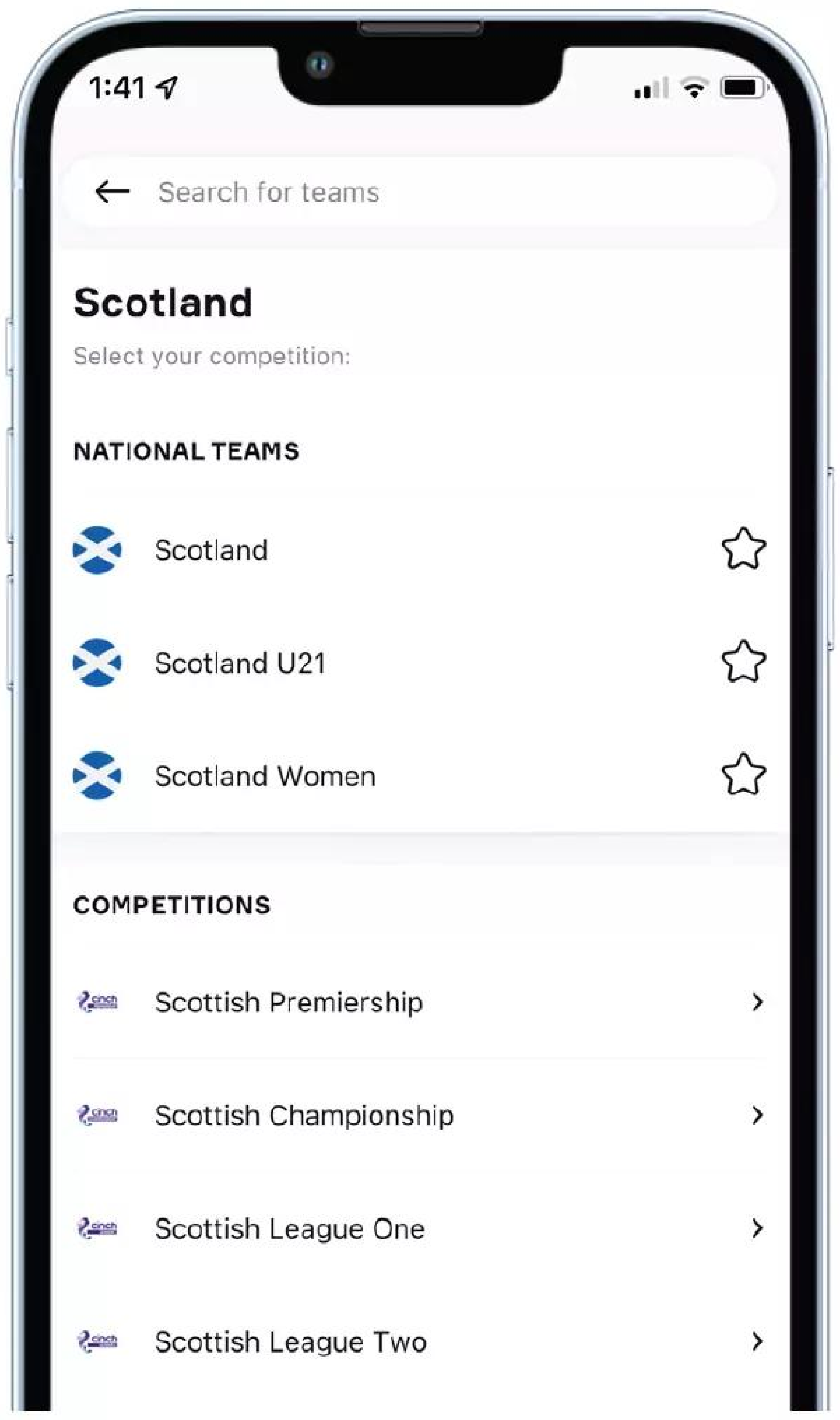
He shoots – and he scores! And if you're following the game on Onefootball, you'll know, because you get an alert sent directly to your Apple Watch. OneFootball brings you news, transfers, fixtures and more. Plus you can set it up to send you real-time updates of goals, sendings-off, substitutions and more; right to your wrist.

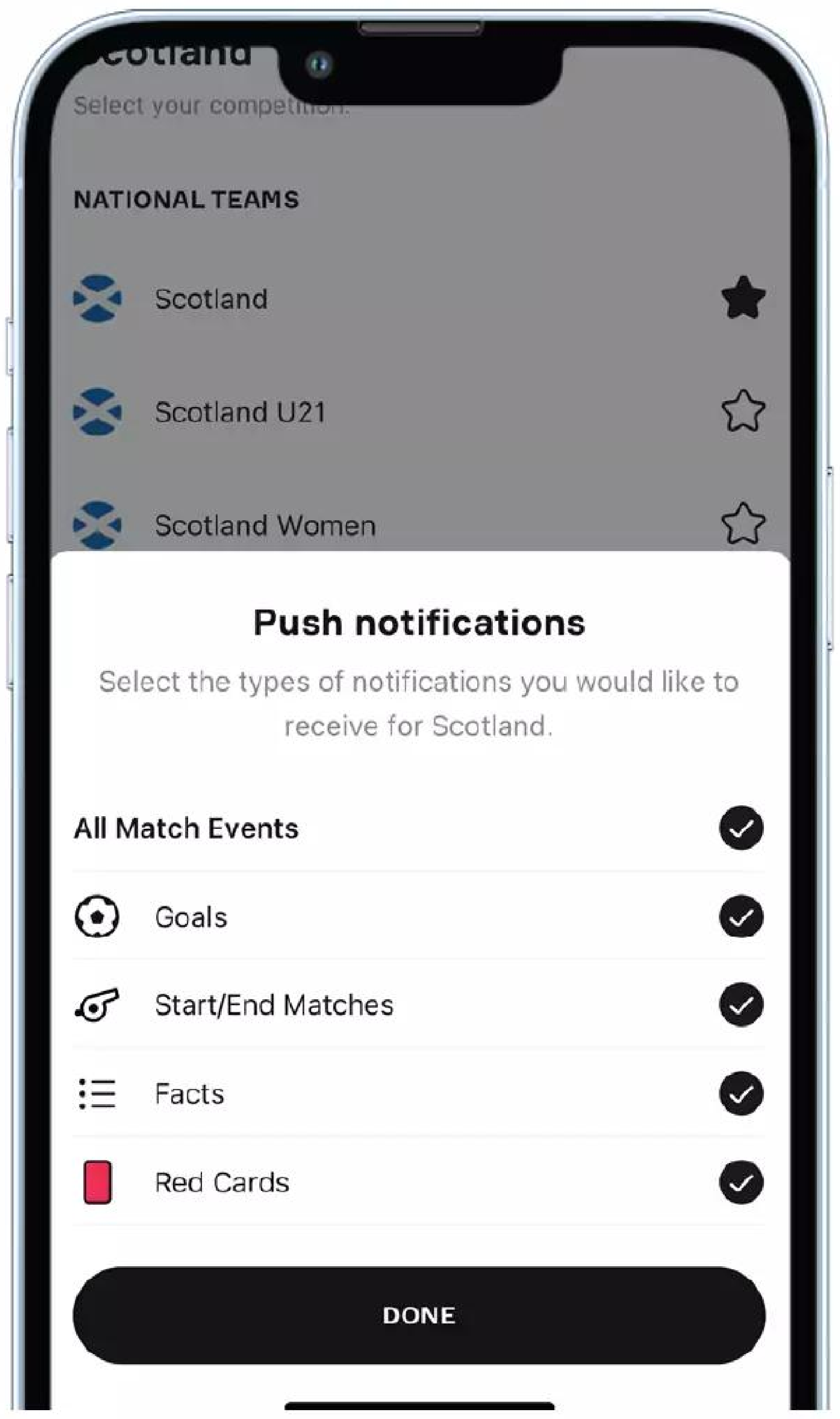
OneFootball
14:10
The Championship
1 Match
NEWS

Set Up on iPhone

To get the most from OneFootball, you first need to set it up on your iPhone. The iPhone app is great for news and analysis, watching videos and checking what matches are coming up, but here we're going to set up our profile.


1:33
Profile
Account
Following
EDIT
MY TEAMS
(2)
Favourite Team
Aston Villa
National Team
England
Follow
Follow
Follow
MY COMPETITIONS
(10)


1:41
Search for teams
Scotland
Select your competition:
NATIONAL TEAMS
Scotland
Scotland U21
Scotland Women
COMPETITIONS
Scottish Premiership
Scottish Championship
Scottish League One
Scottish League Two


Scotland
Select your competition:
NATIONAL TEAMS
Scotland
Scotland U21
Scotland Women
Push notifications

Select the types of notifications you would like to receive for Scotland.

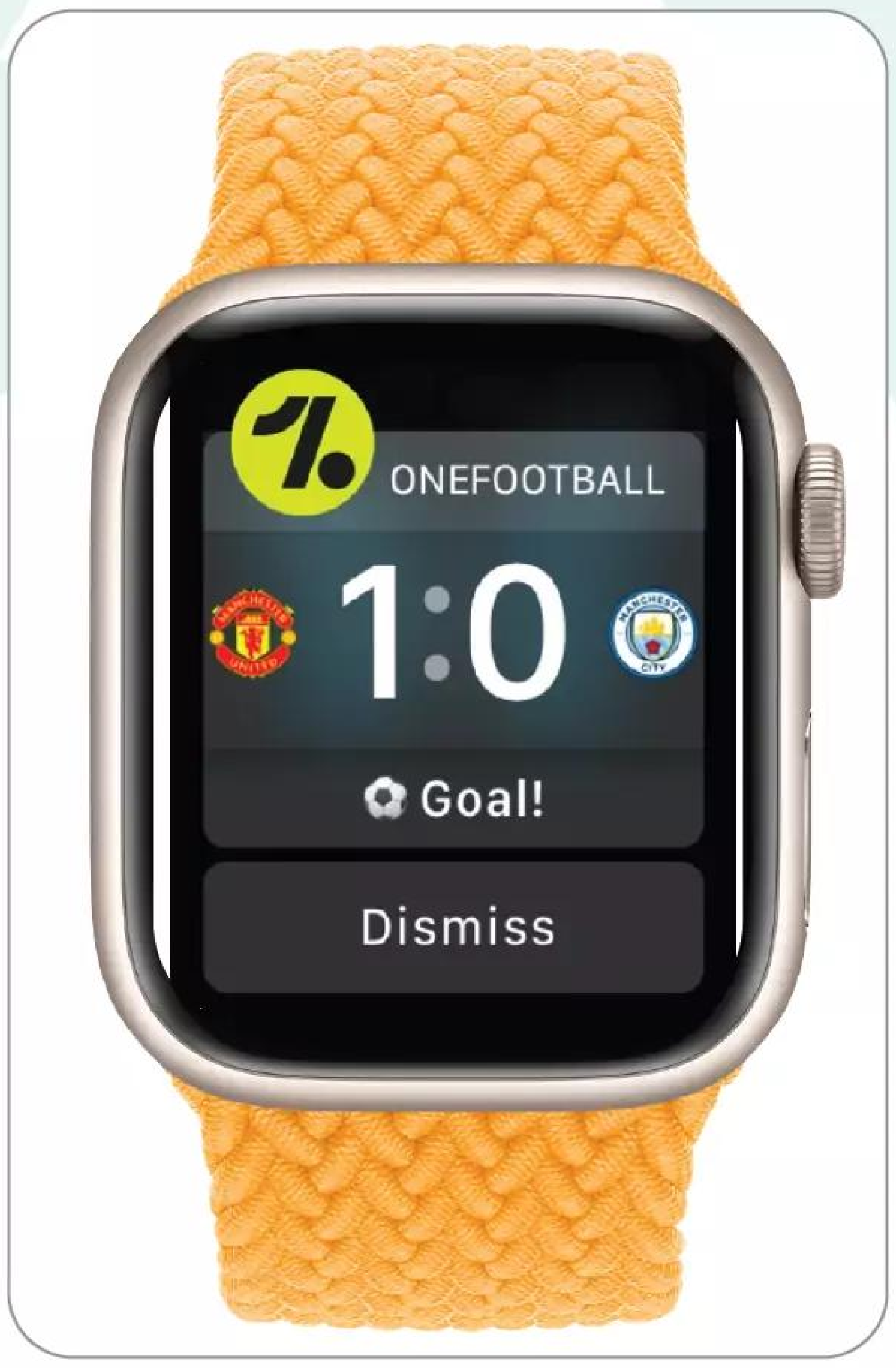
All Match Events ✓
Goals ✓
Start/End Matches ✓
Facts ✓
Red Cards ✓
DONE

1 In the OneFootball app on iPhone, tap Profile and set up your profile as instructed. You can now add teams to follow. Tap a plus sign under My Teams, and then scroll and tap the country of the team you're looking for.

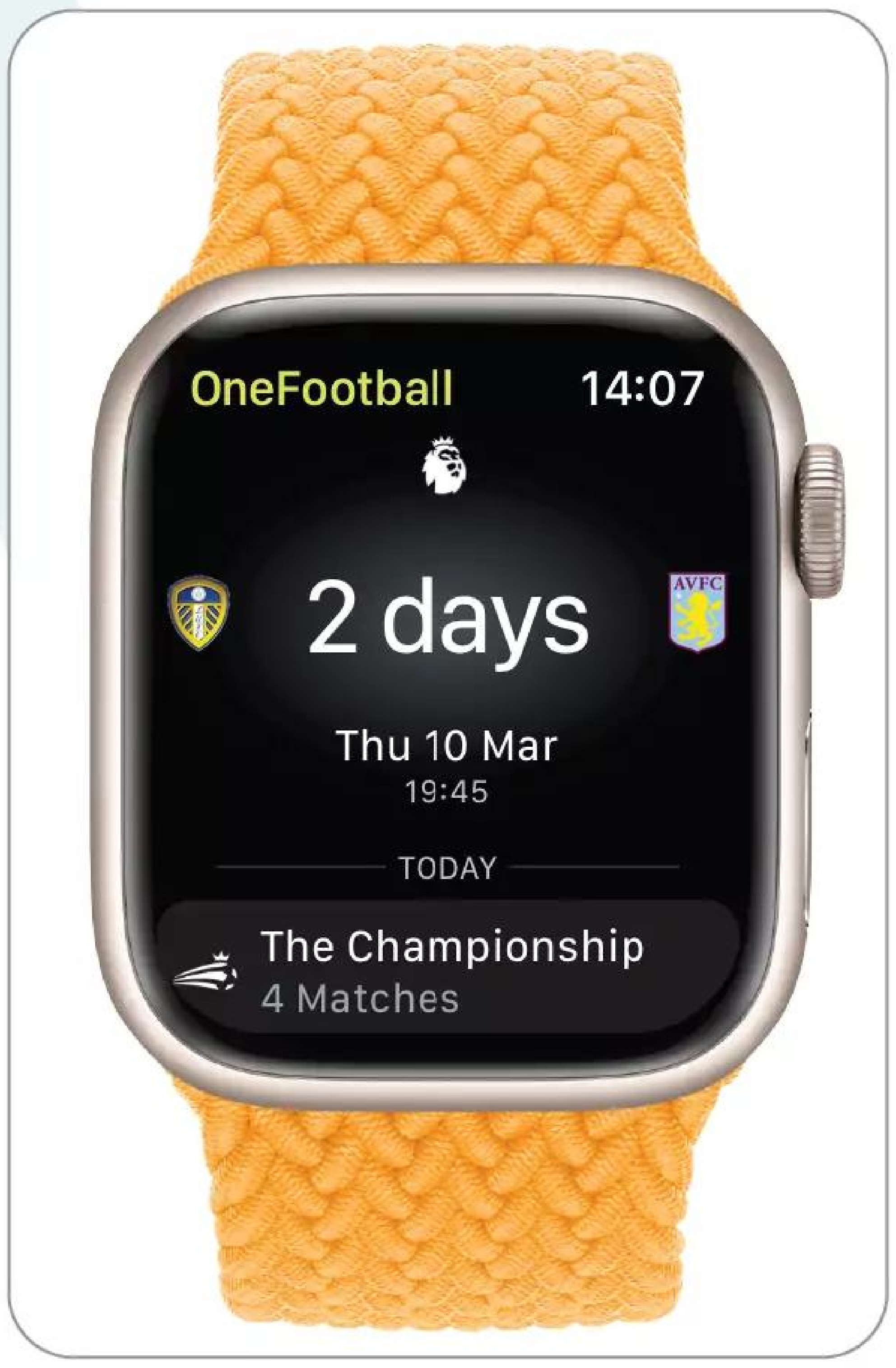
2 On the next screen, the country's national sides are shown at the top. Tap a star to follow one. Or tap a competition for a list of club sides that play in that league. Again, tap a star to follow one; you can follow as many as you like.

3 You can then choose what alerts you want to receive. These are; Goals, Start/End of Matches, Facts, Red Cards and (for club sides), Transfers. They're checked by default; uncheck any you don't want and tap Done.

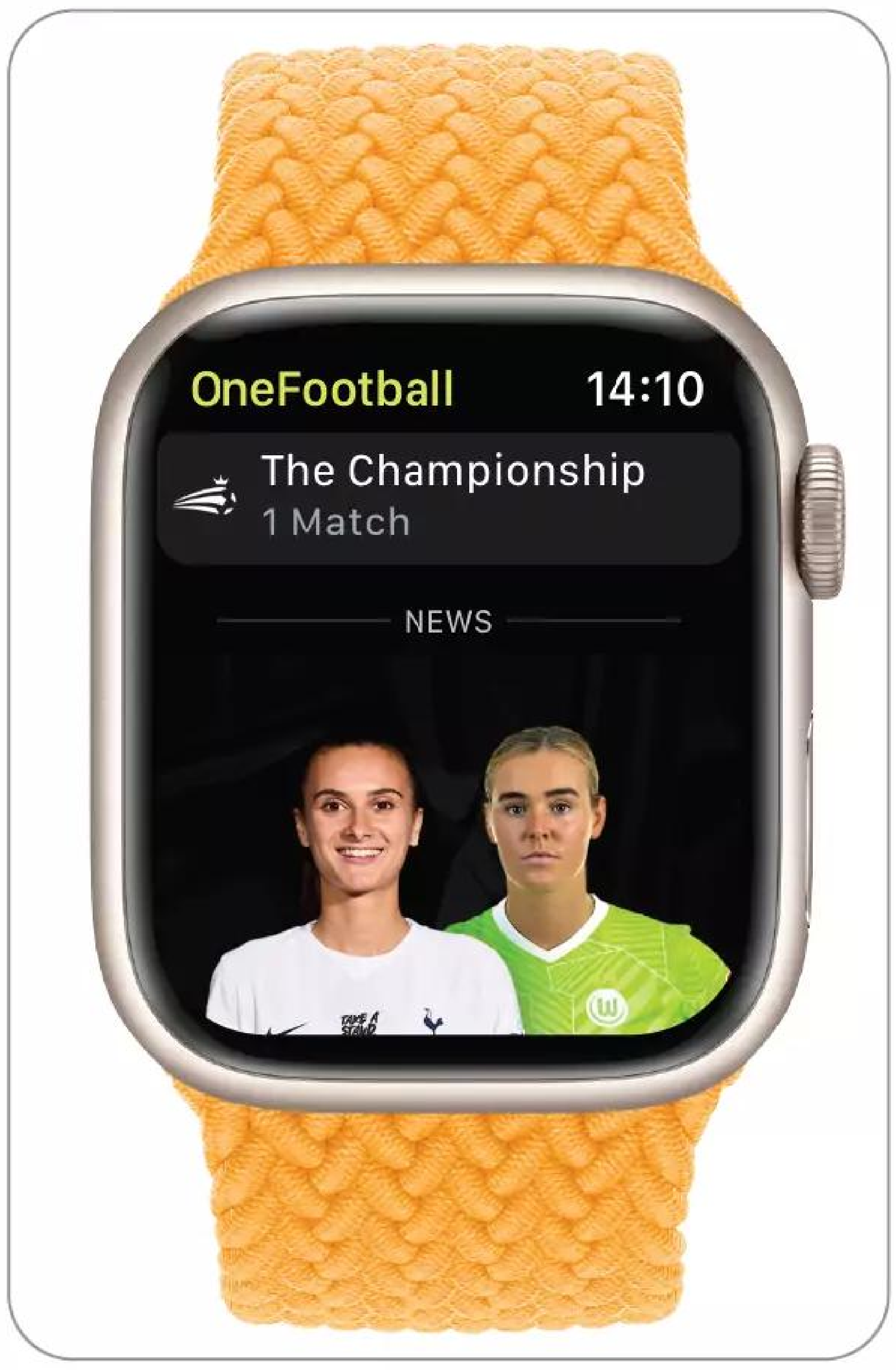
OneFootball on Apple Watch


ONEFOOTBALL
1:0
Goal!
Dismiss

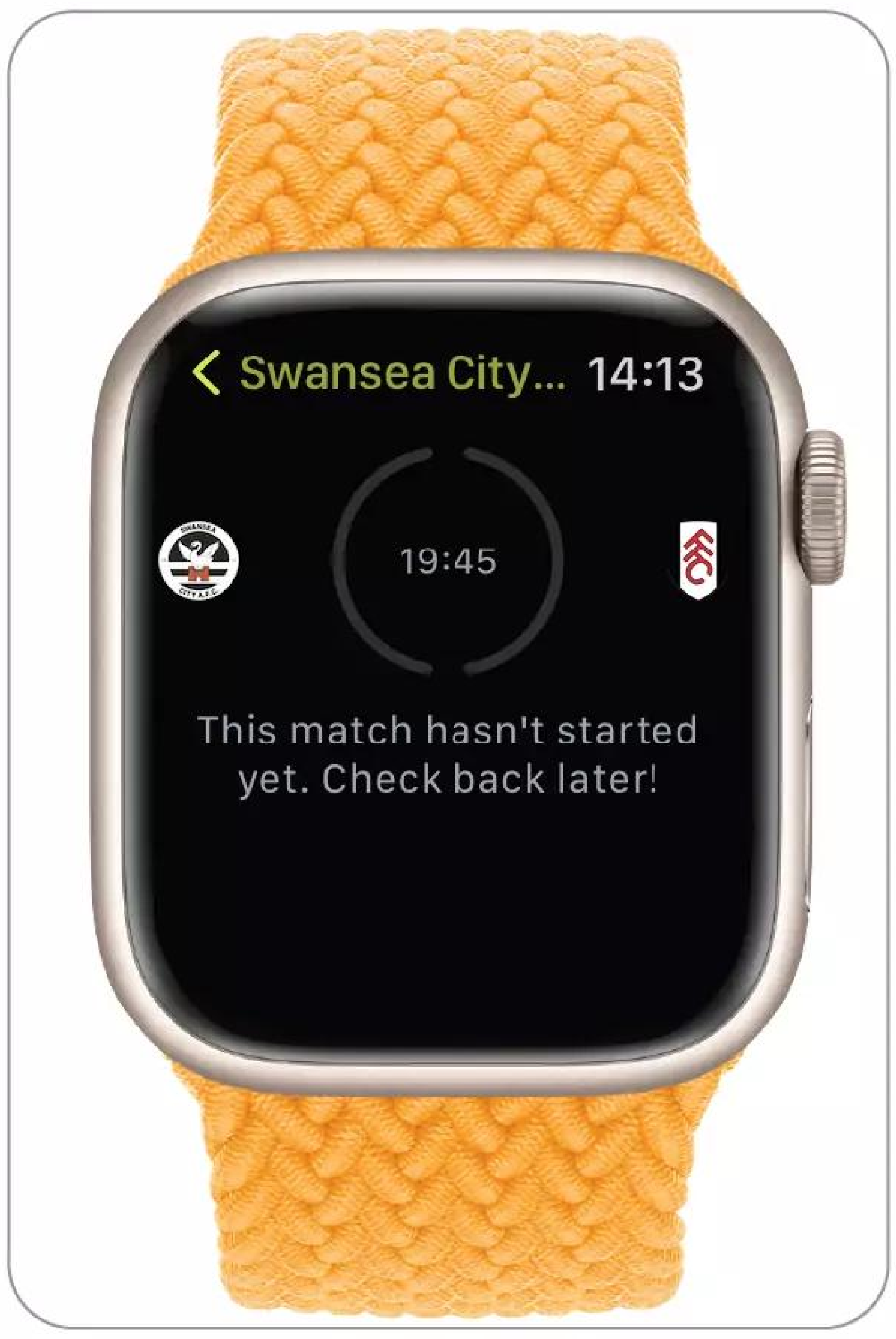
1 Once you've set up your alerts in your profile in the iPhone app, when your chosen national and club sides are playing, you'll get the alerts you chose to receive when you selected the team. It vibrates, so you never miss a goal.


OneFootball
14:07
2 days
Thu 10 Mar
19:45
TODAY
The Championship
4 Matches

2 If you open the OneFootball app when your favourite team isn't currently playing a game, you will get this screen, telling you when your teams' next match is, who you're playing and what time it starts.

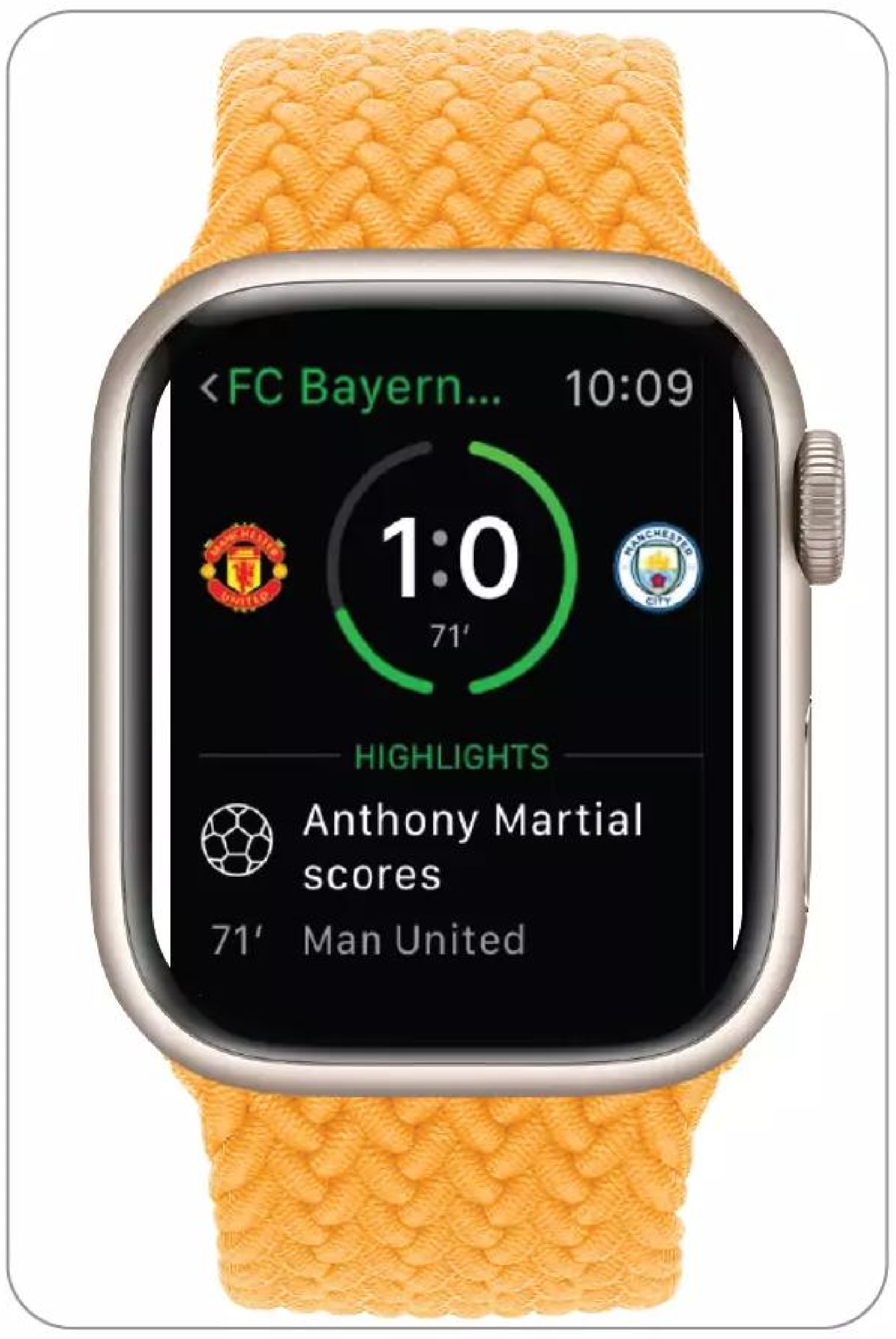

OneFootball
14:10
The Championship
1 Match
NEWS

3 Scroll this screen up for a list of competitions in which games are being played today. Tap one and you're shown the match or matches in question. Scroll even further for news and features offered by OneFootball to read on your watch.

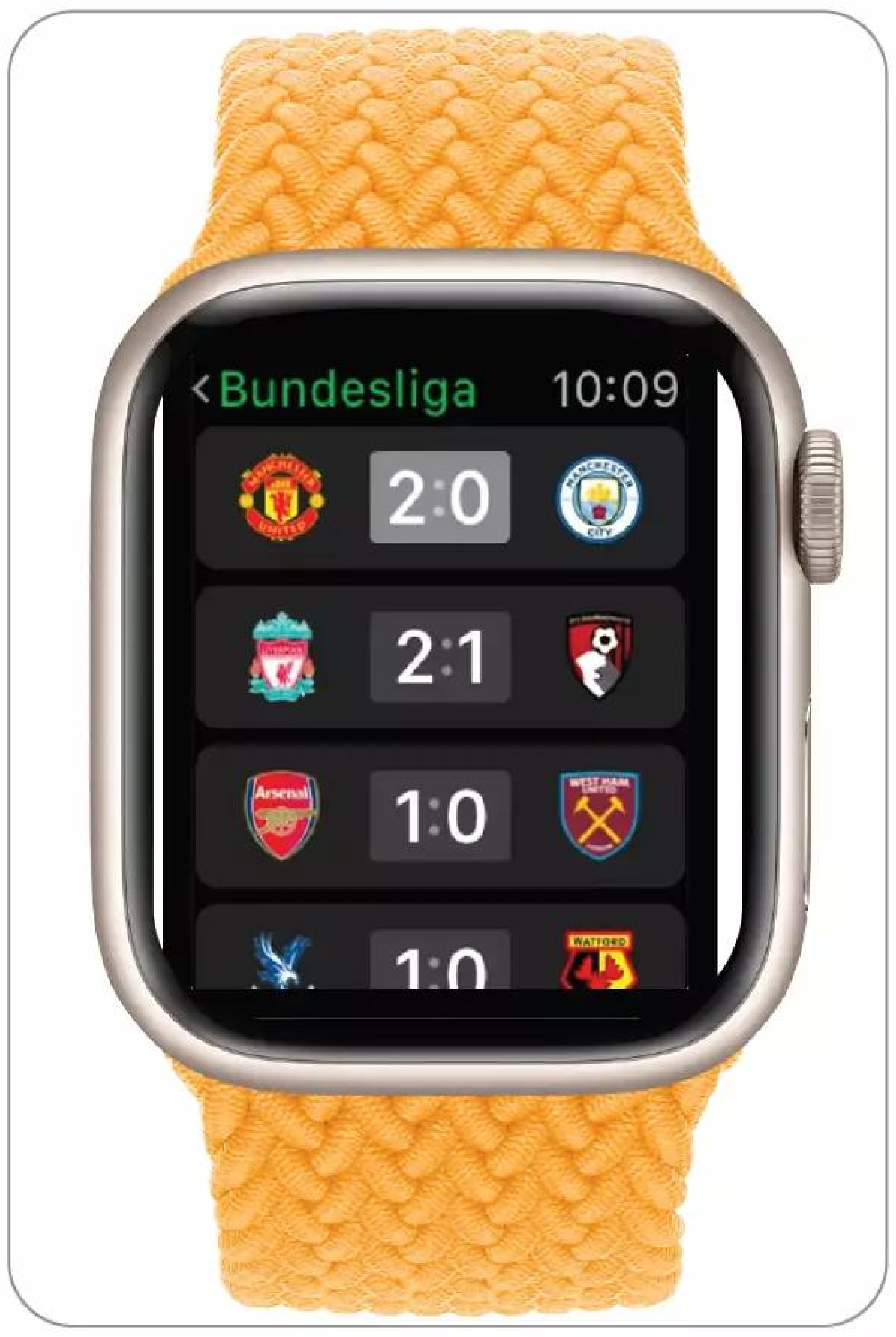

Swansea City...
14:13
19:45

This match hasn't started yet. Check back later!

4 Tap an upcoming game on the OneFootball Apple Watch app and you get a graphic showing the badges of the two sides playing and the time it starts. The two arcs that almost make a circle represents the two halves of the game.


FC Bayern...
10:09
1:0
71'
HIGHLIGHTS
Anthony Martial scores
71'
Man United

5 During a match you'll see the current score, and information regarding scorers, red cards and more. The two arcs mentioned in the last step are gradually filled, representing time elapsed, which is also shown under the score.


Bundesliga
10:09
2:0
2:1
1:0
1:0

6 You can also check up on all the current and final scores in a competition, on the OneFootball Apple Watch app. Tap a match to see its details. OneFootball is an excellent app, and although it has IAP, most of its features are free.

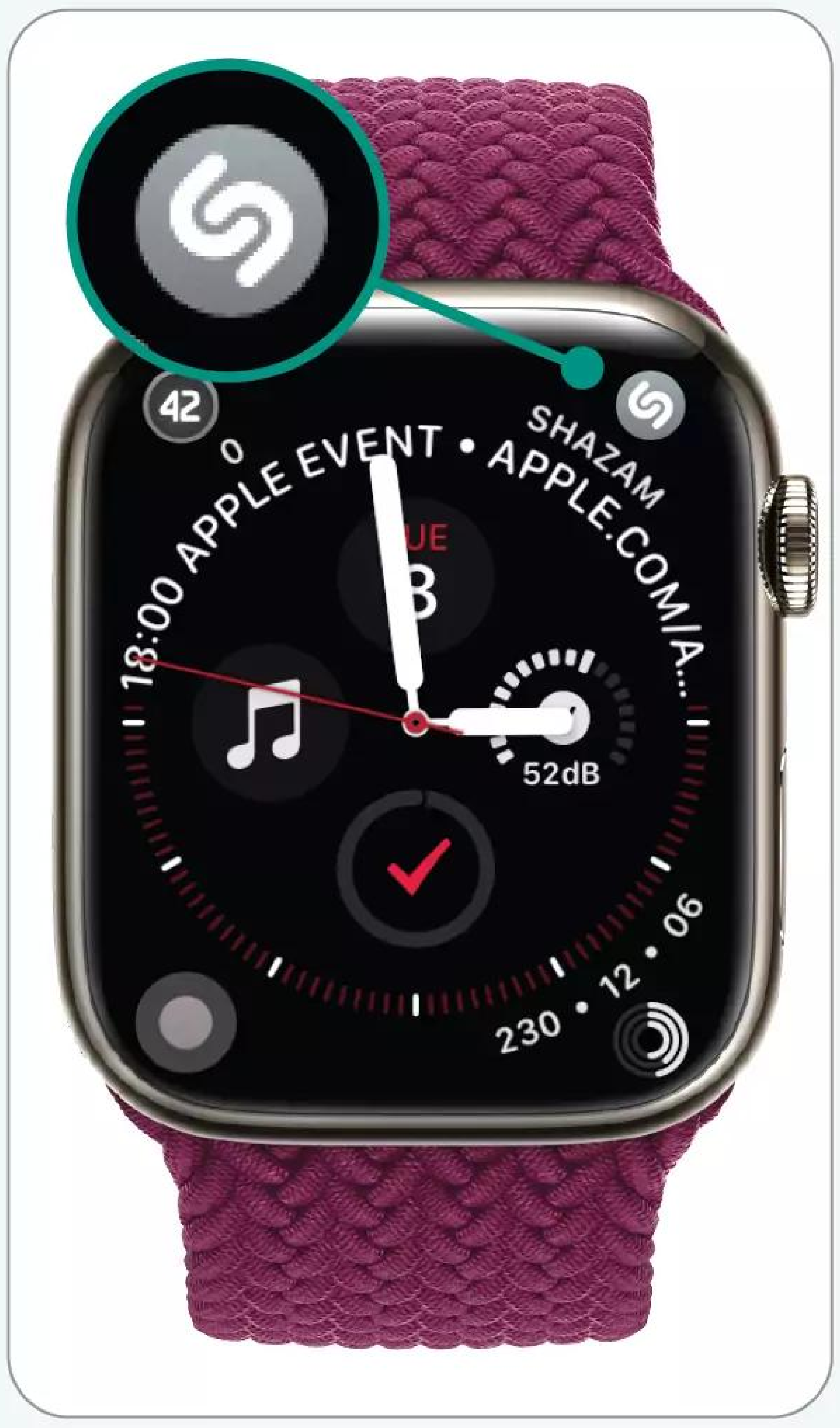
Identify Music with Shazam

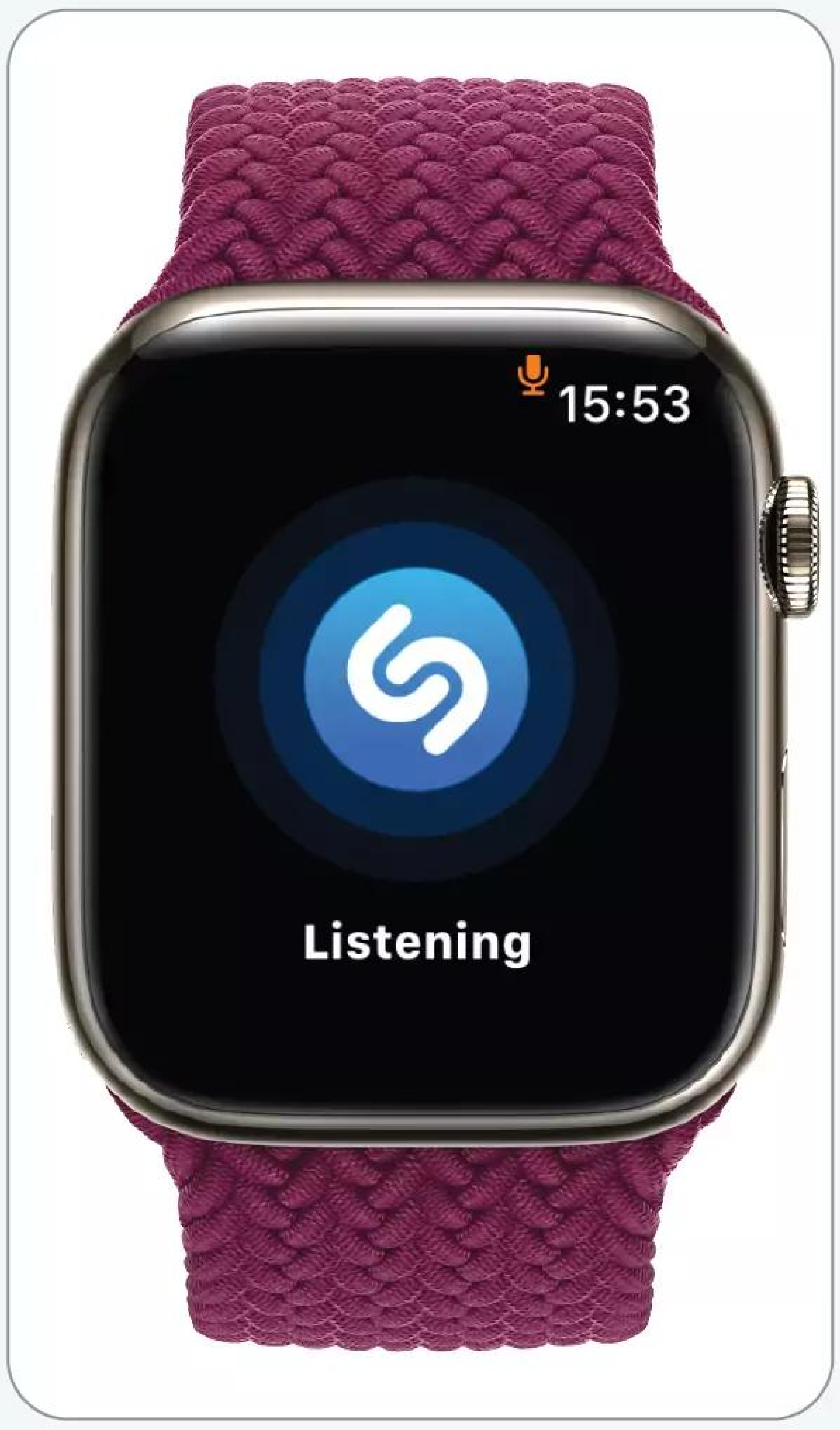
It's annoying, but inevitable. You know the song they're playing on the radio, the soundtrack behind the action scene in the latest movie or the bouncy tune that accompanies the advert, but you can't think of the title or artist. With Shazam, you can find out...

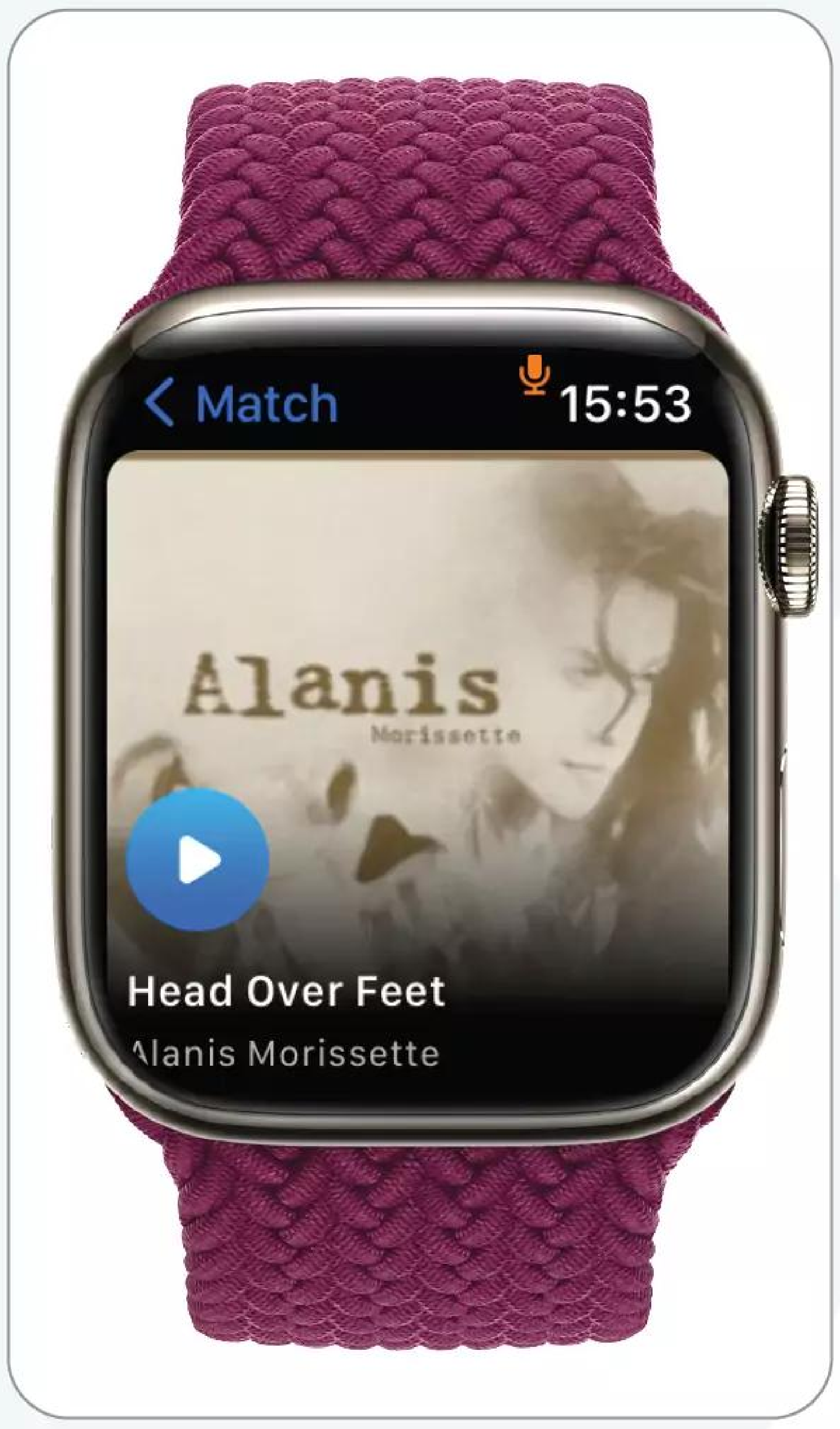
15:53
Listening

Shazam on Watch

With Shazam on your Apple Watch, you need never wonder about a song title again. It's free, and has currently been installed over one billion times on various devices, including Apple's.


42
18:00 APPLE EVENT • SHAZAM • APPLE.COM/A...
52dB
230 • 12 • 06


15:53
Listening


Match
15:53
Alanis
Morissette
Head Over Feet
Alanis Morissette

1 You can open the Shazam app from the Home screen, of course, but it also has a complication so you can open it directly from the watch face. It's shown here, in the top-right corner. Tap it to get straight to Shazam, quickly and easily.

2 When you hear a song you don't recognise but would like to know the title and the artist, open the Shazam app. Tap the graphic and Shazam listens to the song. It's able to identify songs even when there's a lot of ambient noise.

3 When Shazam has identified the song (it's surprisingly quick), it shows you the song title, artist and album cover. If you have access to the track, maybe through an Apple Music subscription, you can play it from your watch.

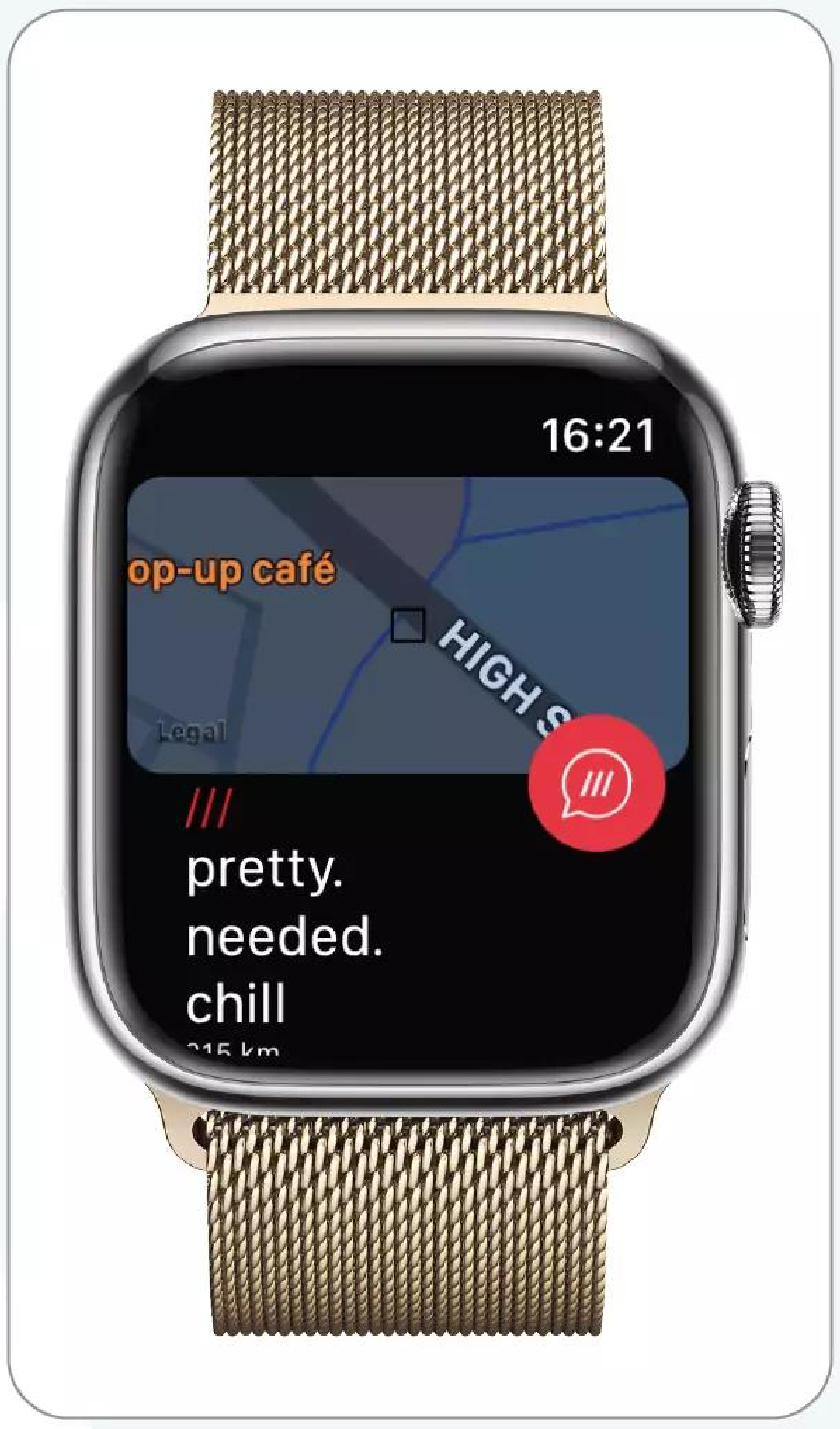
What3words – A Lifesaver?

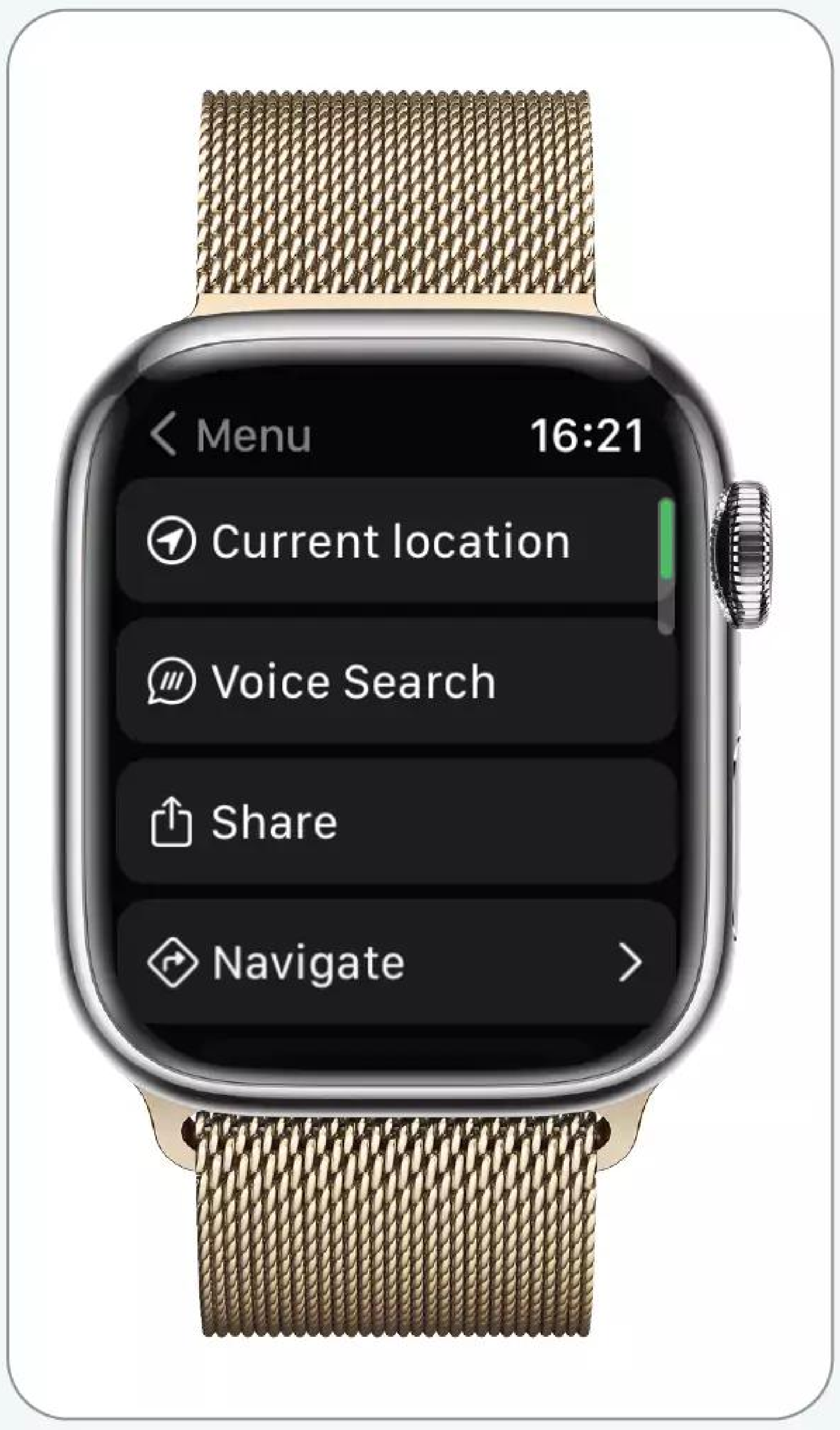
16:21
op-up café
HIGH S
///
pretty.
needed.
chill
215 km

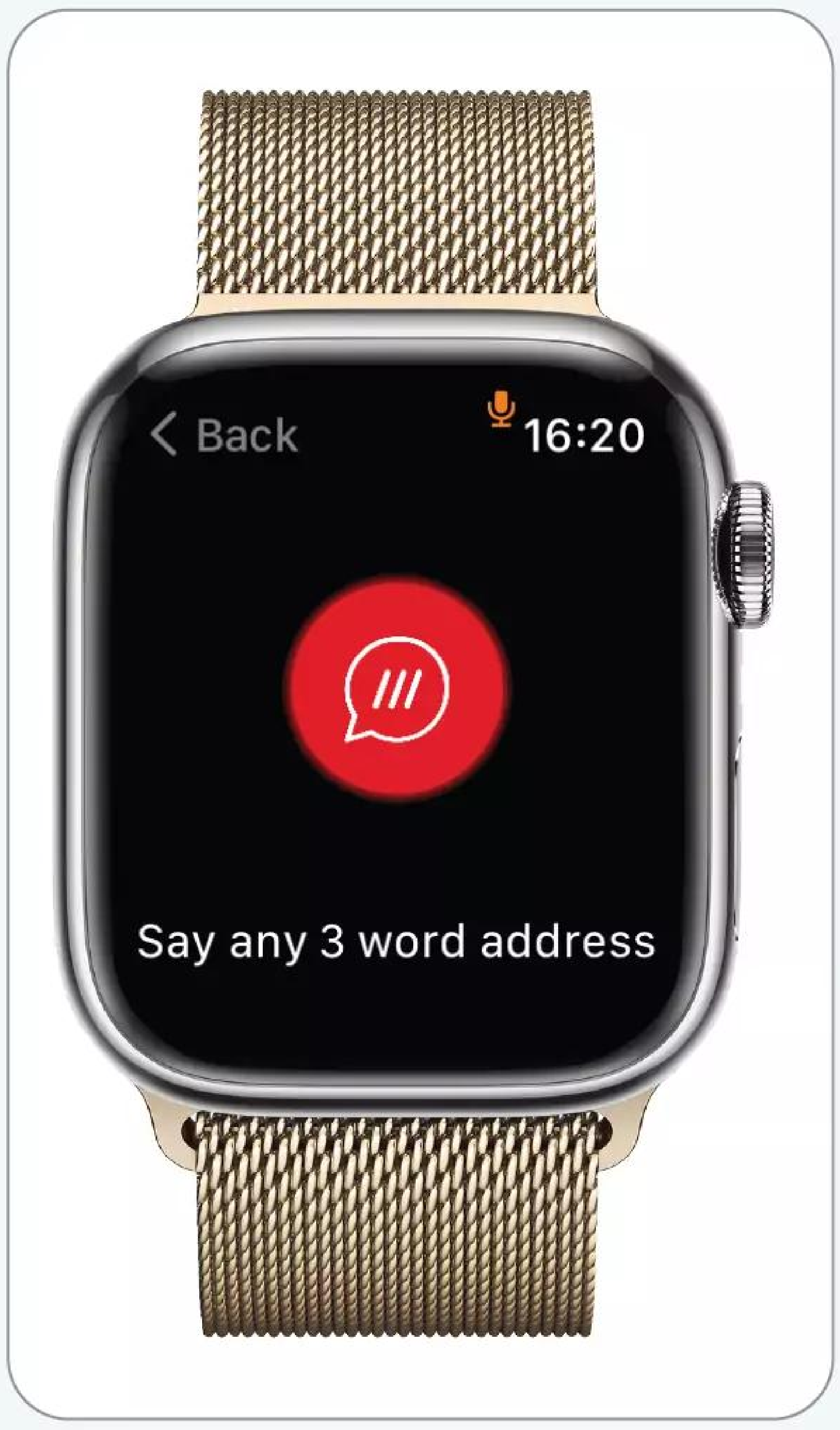
What3words is an amazing app that could one day save your life. It's the easiest way to let someone know where you are, to an accuracy of three metres. Just open the app, and note the three words it offers for your location. Give them to someone, and they can type them into their own What3words app and find you.

What3Words on the Watch

What3words works wherever you are, even in the middle of the ocean or in a large, empty wilderness. It's ideal for emergencies, and it has an Apple Watch component too.


16:21
op-up café
HIGH S
Legal
///
pretty.
needed.
chill
215 km


Menu
16:21
Current location
Voice Search
Share
Navigate


Back
16:20
Say any 3 word address

1 Open the What3words app on your Apple Watch, and you're shown this screen, which identifies your current whereabouts by giving them three words, in this case, Pill.Fend.Trips. These are your location's three words.

2 Tap the screen for a range of options, which you can scroll up and down using the digital crown. 'Navigate' opens the Maps app and guides you to the three words' location, for example, and 'Share' lets you send them to a contact.

3 Tap the speech bubble and you can say any three-word location to be shown where this is. If you get a phone call, for example, saying someone is at Blobby. Reproduced.Annoying, you know they're in the English Channel.

More Fun with Your Watch

In our final section, we bring you a round-up of all sorts of extra things you can do with your Apple Watch. There's lots of gadgets and gear you can buy, and we take a look at some of the best. If you're looking for games and apps, we have that covered too with our exclusive feature. There's an extensive guide to things you didn't think your Apple Watch could do, and also some great tips on what to do if something goes wrong. With our help, you can go even further than you ever thought possible with your Apple Watch!

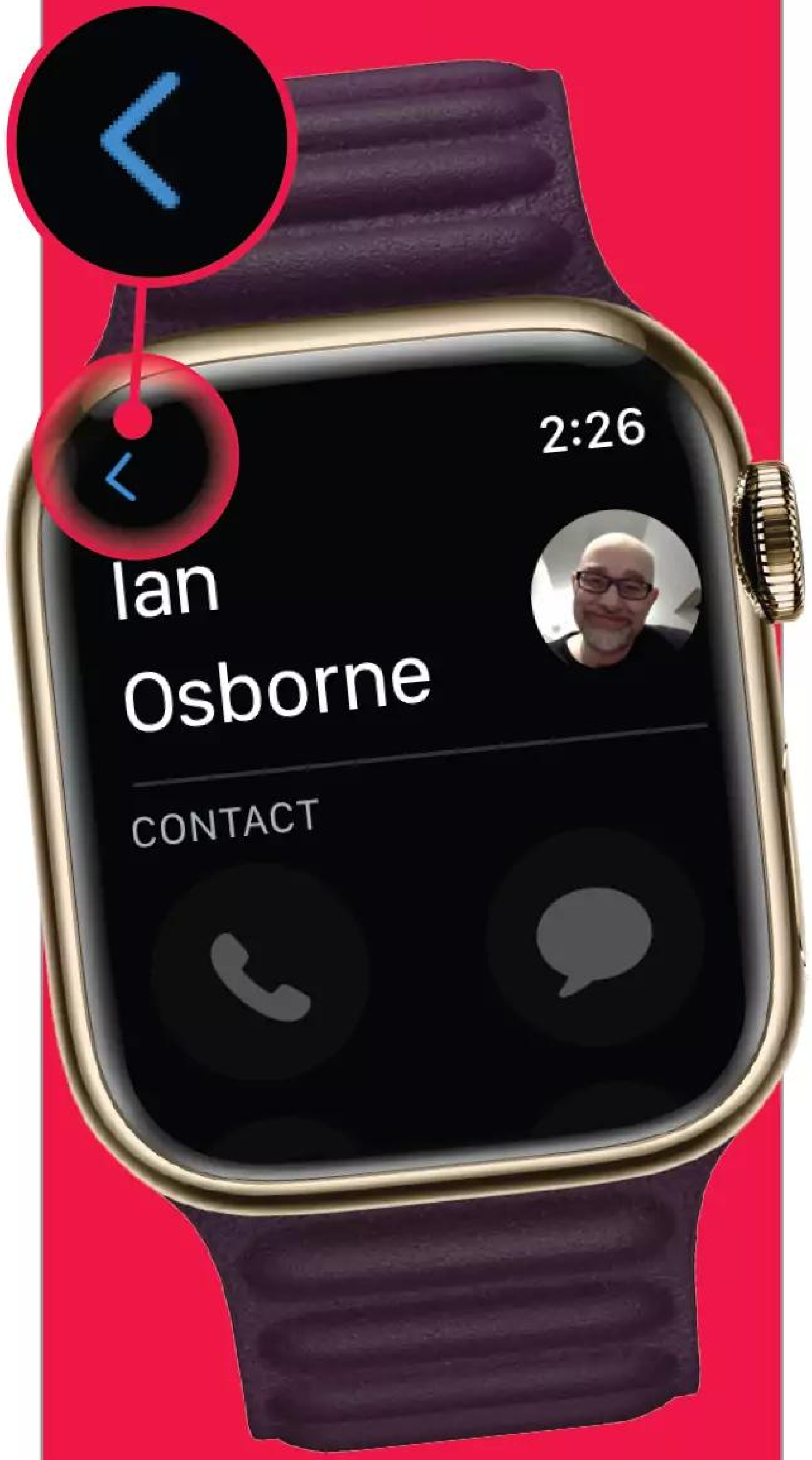
17:08
GAME A
GAME B
10

Things You Didn't Know Your Watch Can Do

Your Apple Watch can do much more than you possibly realised. Even if you've ploughed your way through our guides and tutorials, there are still small tips and tricks you might have missed. That's what we'll look at here; little things you might not know your Apple Watch can do, from simple time savers to fantastic features.

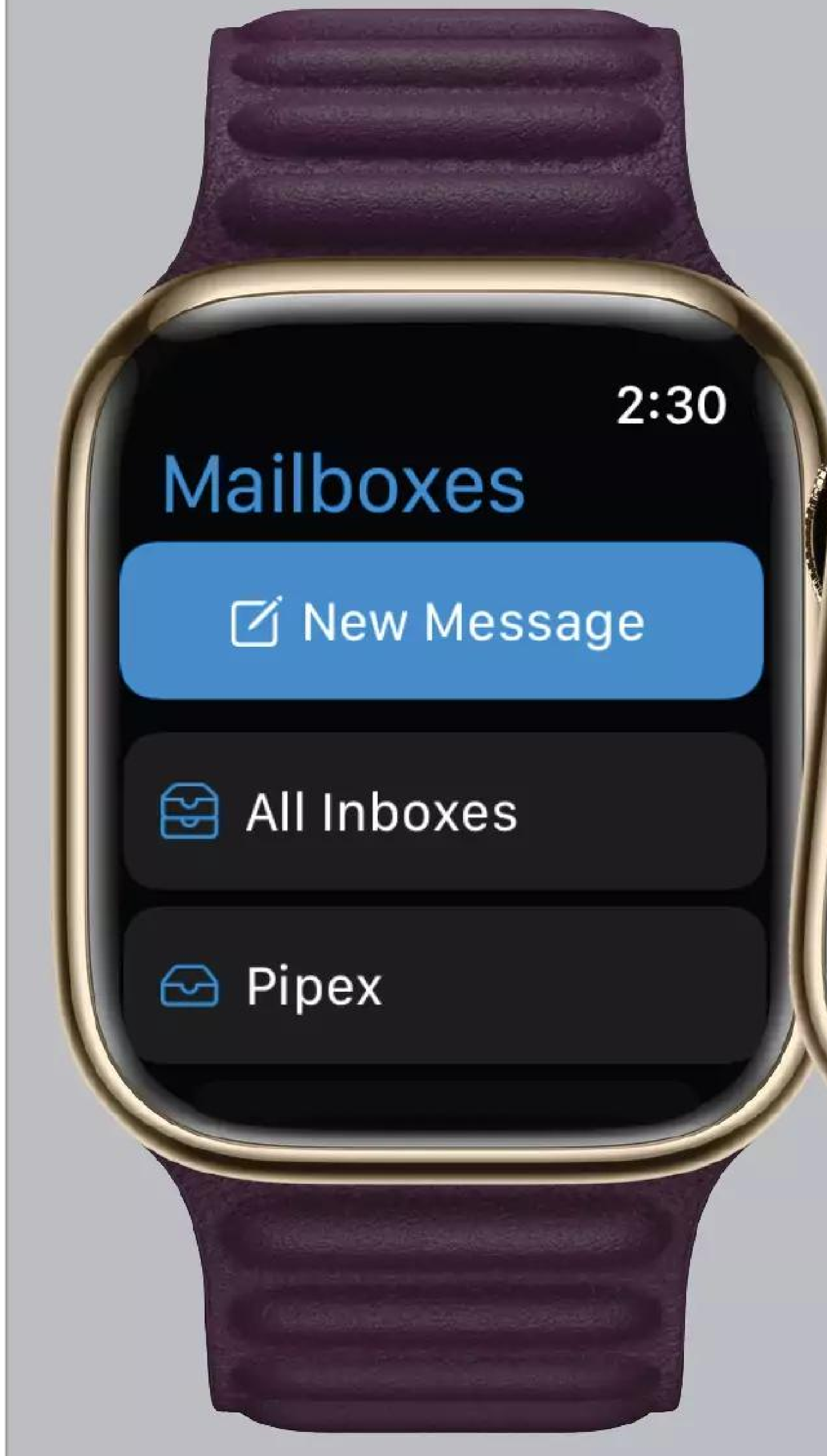
Mailboxes
2:30
New Message
All Inboxes
Pipex

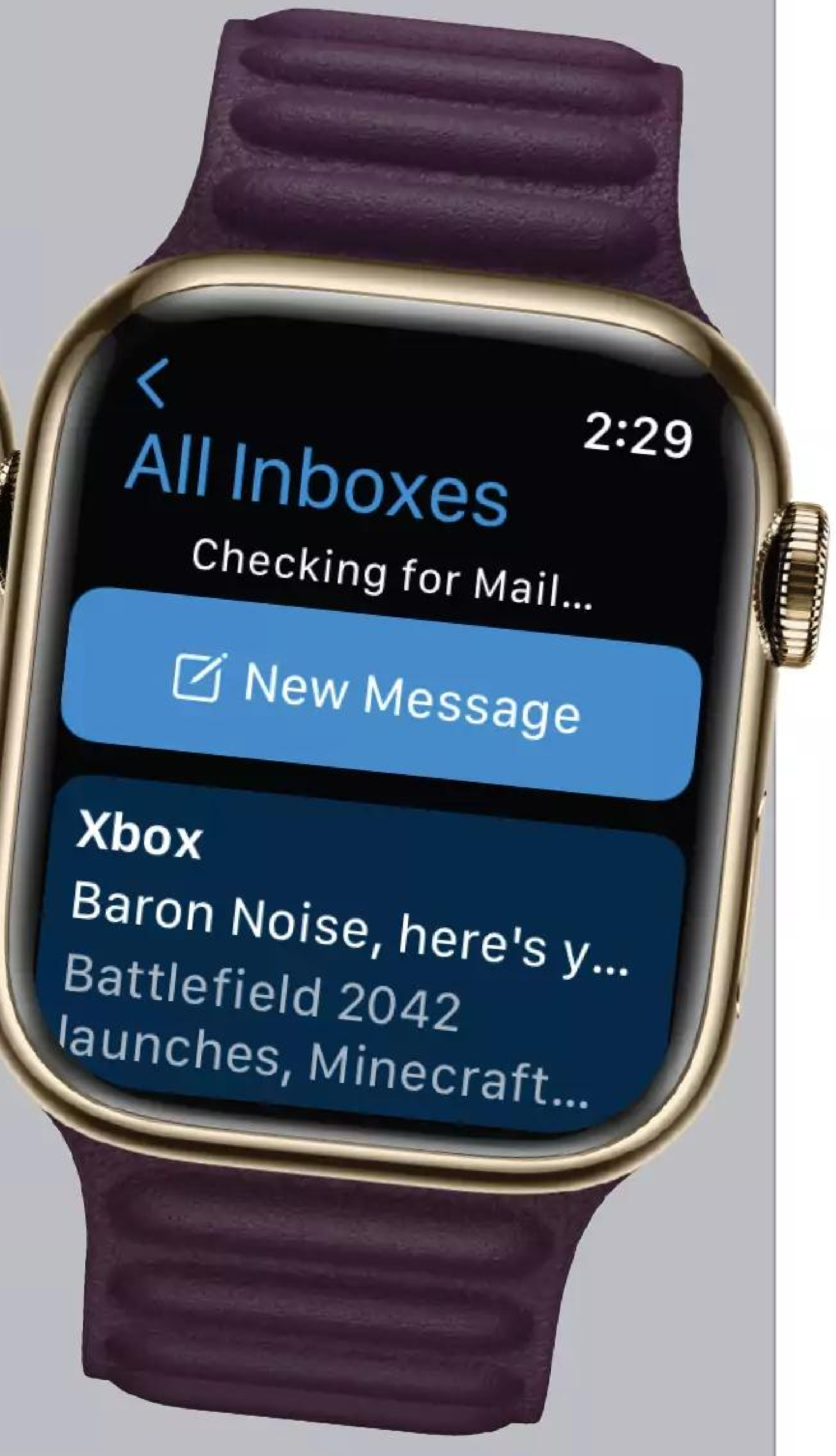
Go Back a Page


2:26
Ian
Osborne
CONTACT

It's a great trick if you don't know it. To go back to the previous screen on your Apple Watch, tap the top left corner of the watch face. There's usually (but not always), a chevron there to remind you.

Check for New Emails

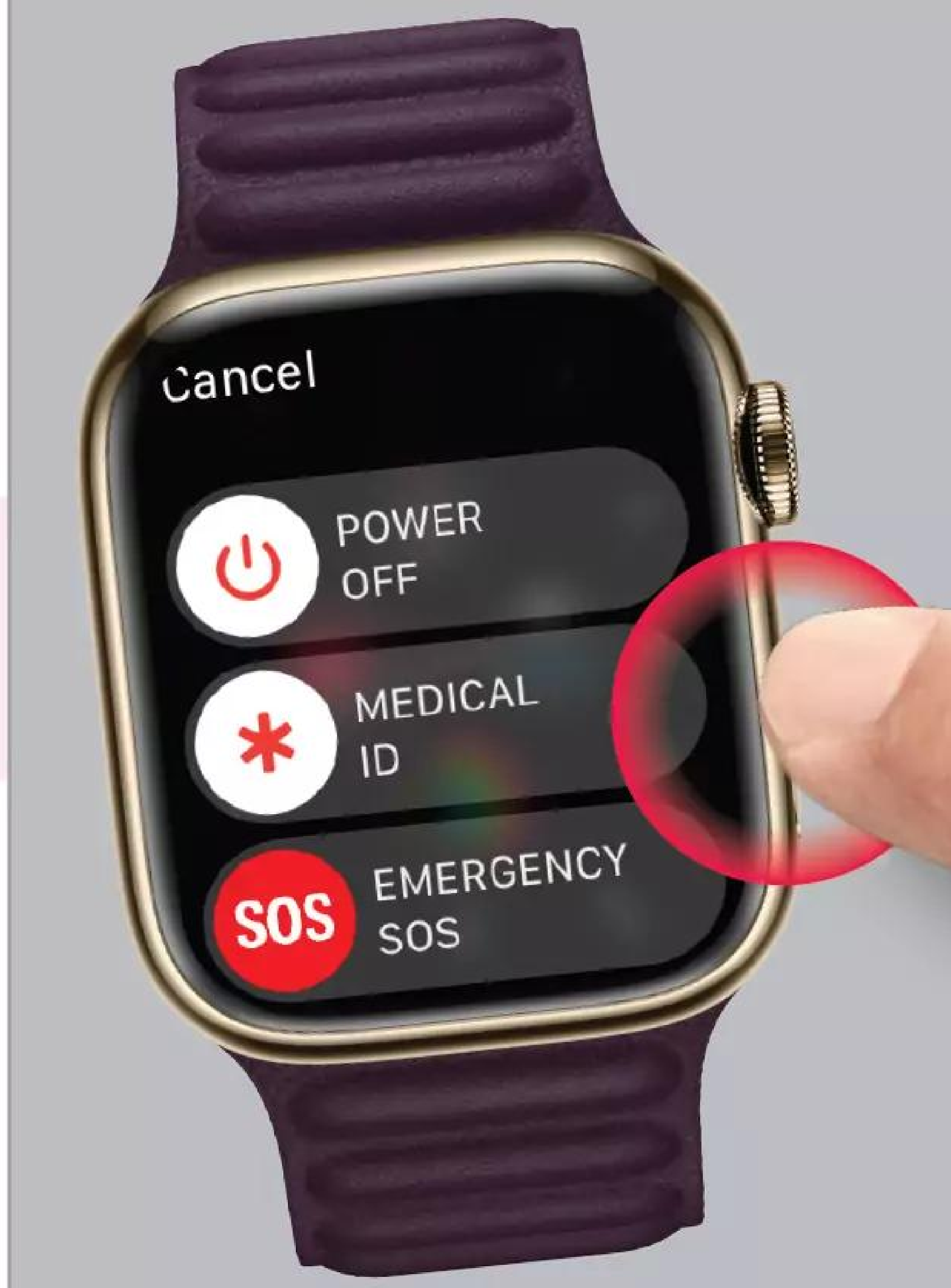

2:30
Mailboxes
New Message
All Inboxes
Pipex

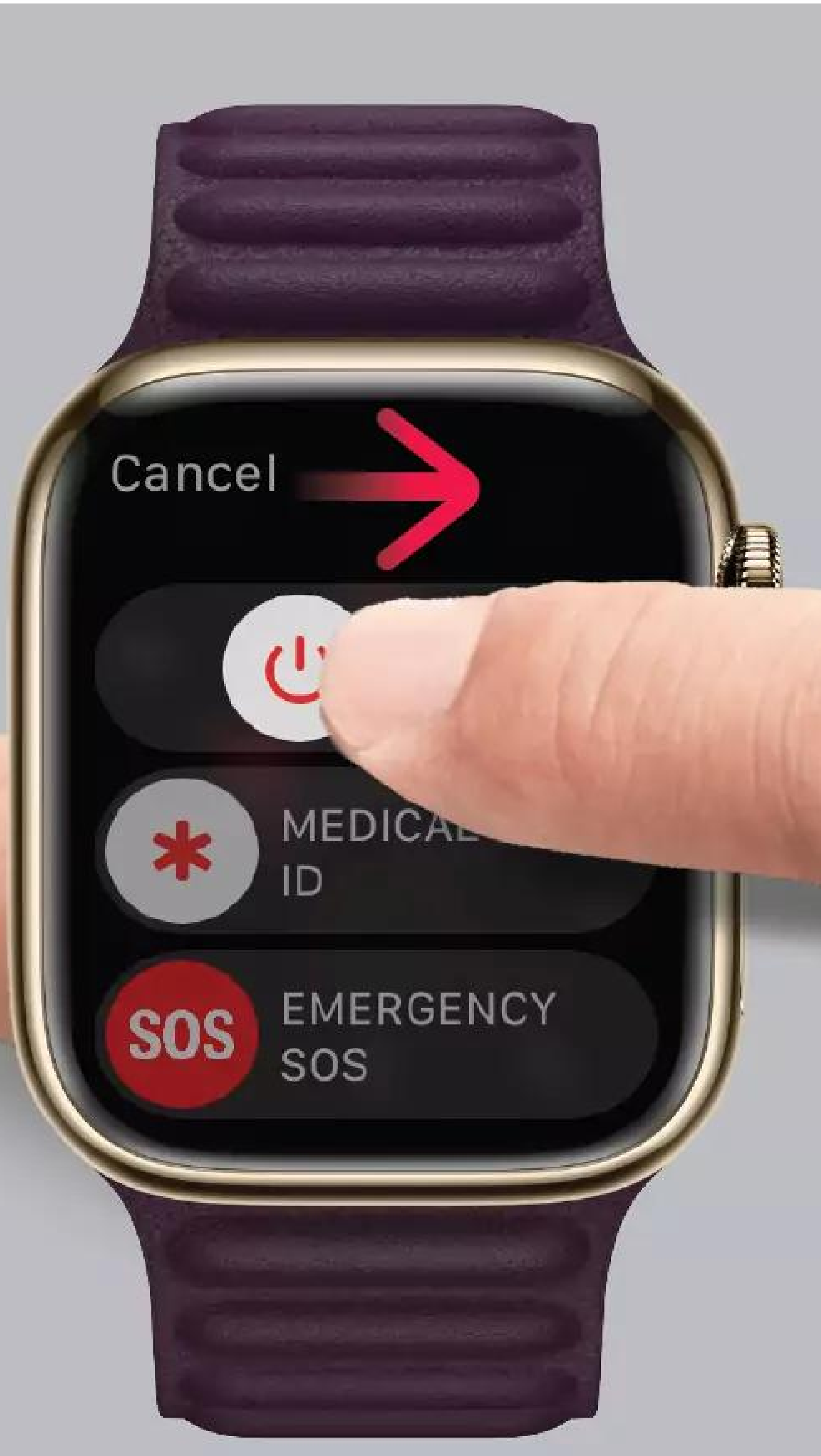

2:29
All Inboxes
Checking for Mail...
New Message
Xbox
Baron Noise, here's y...
Battlefield 2042
launches, Minecraft...

1 To refresh your email inbox on your Apple Watch, first of all, open the Mail app and navigate to the screen where you choose which inbox to look at. Tap an inbox, or the All Inboxes option.

2 Scroll all the way down on your Digital Crown and at the top of the screen, you'll see 'Checking for Email...' The watch checks for emails, and the message changes to 'Updated Just Now'.

Turn Watch On and Off


Cancel
POWER OFF
MEDICAL ID
SOS
EMERGENCY SOS

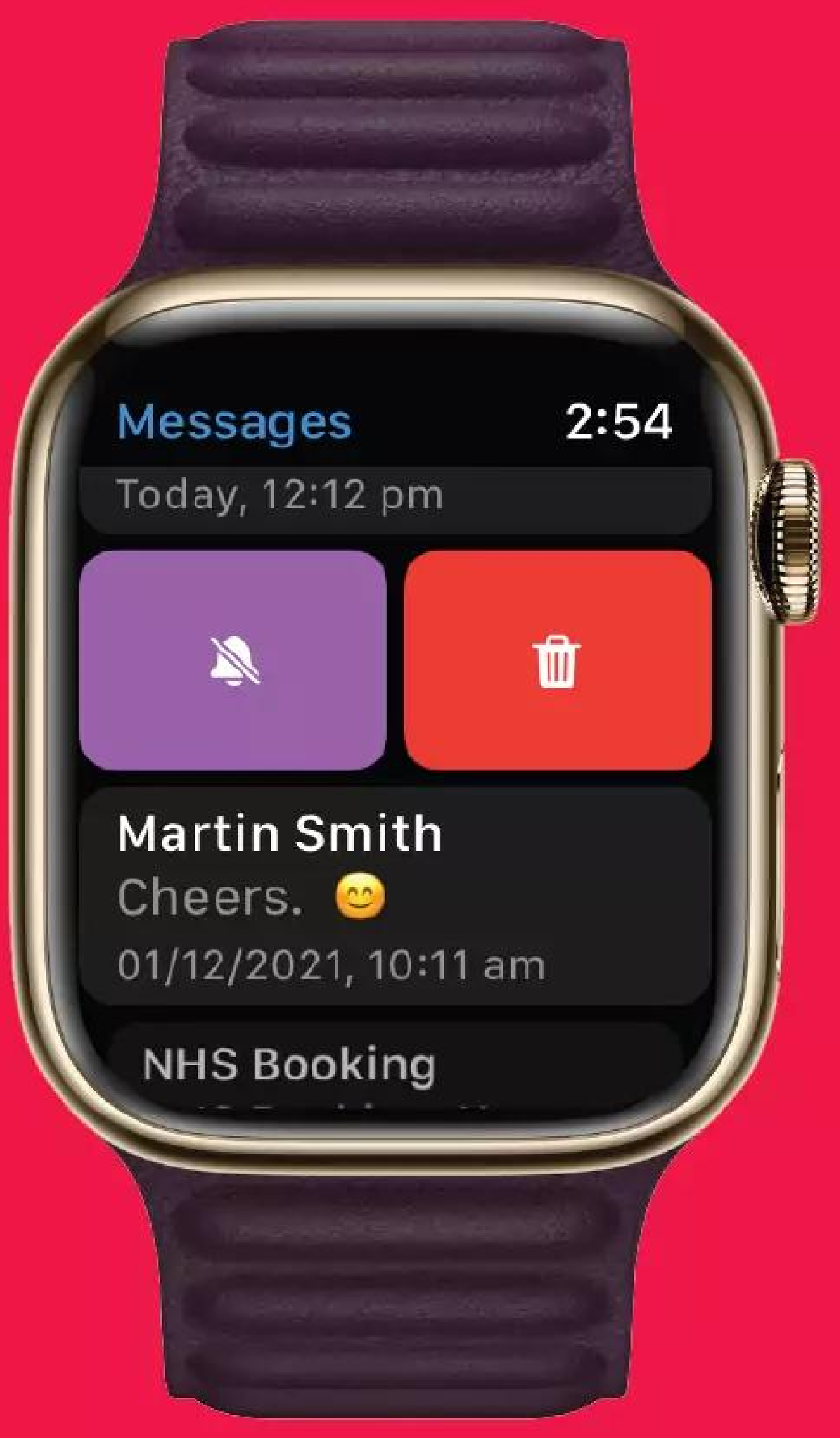

Cancel
MEDICAL ID
SOS
EMERGENCY SOS

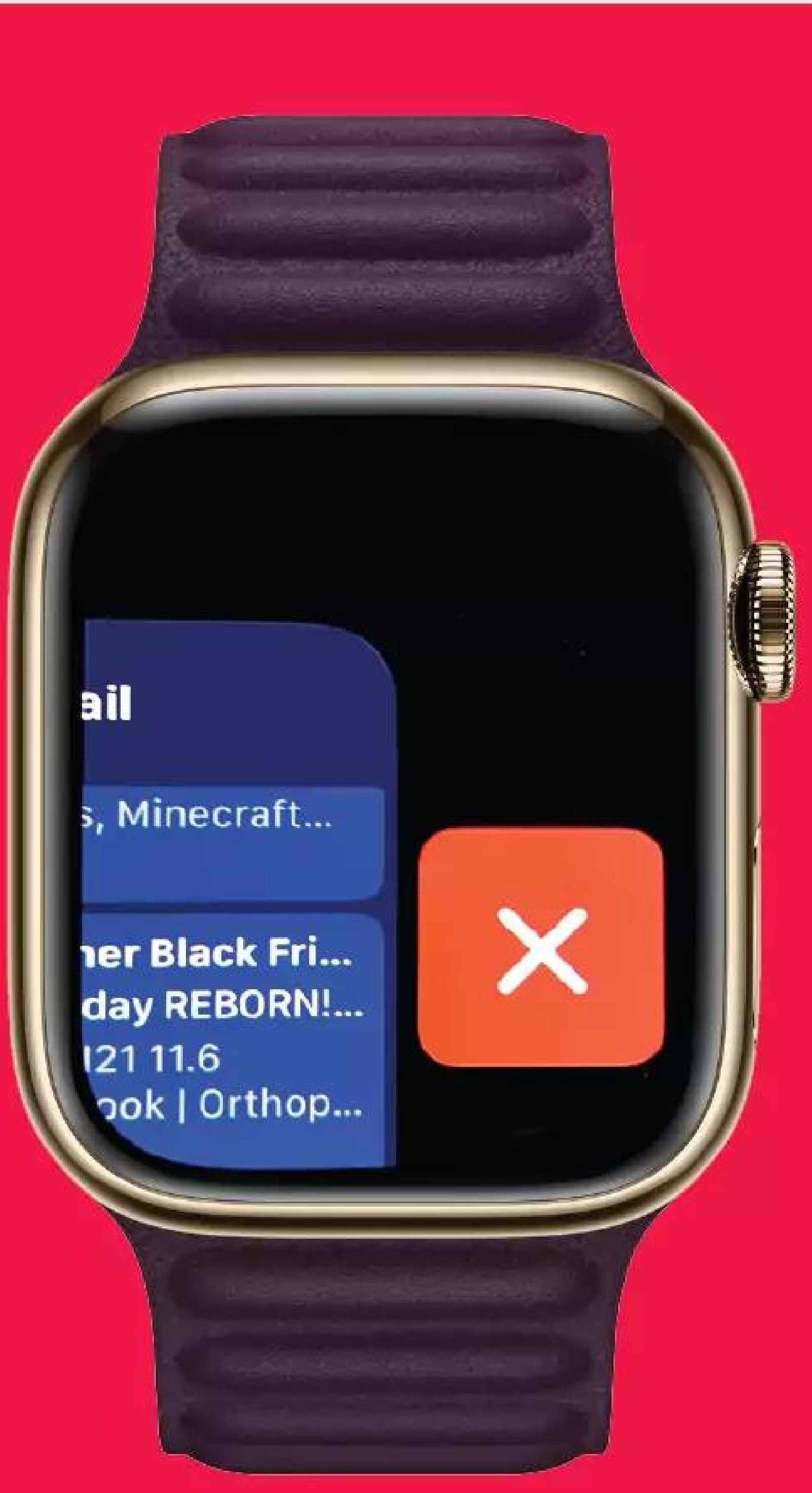
1 To turn your Apple Watch off, first of all, press and hold the Side Button. After a few seconds, you get a screen showing three sliders; the top one reads 'POWER OFF'.

2 Place your finger on the power icon and drag it all the way to the right, as shown. The screen goes blank and you've successfully switched off your Apple Watch.

3 To switch your watch back on again, press and hold the Side Button until the Apple logo appears on-screen, and your watch starts up. Enter your passcode when asked.

Swipe Left to Delete


Messages 2:54
Today, 12:12 pm
Martin Smith
Cheers. 😊
01/12/2021, 10:11 am
NHS Booking


ail
s, Minecraft...
her Black Fri...
day REBORN!...
121 11.6
ook | Orthop...
✕

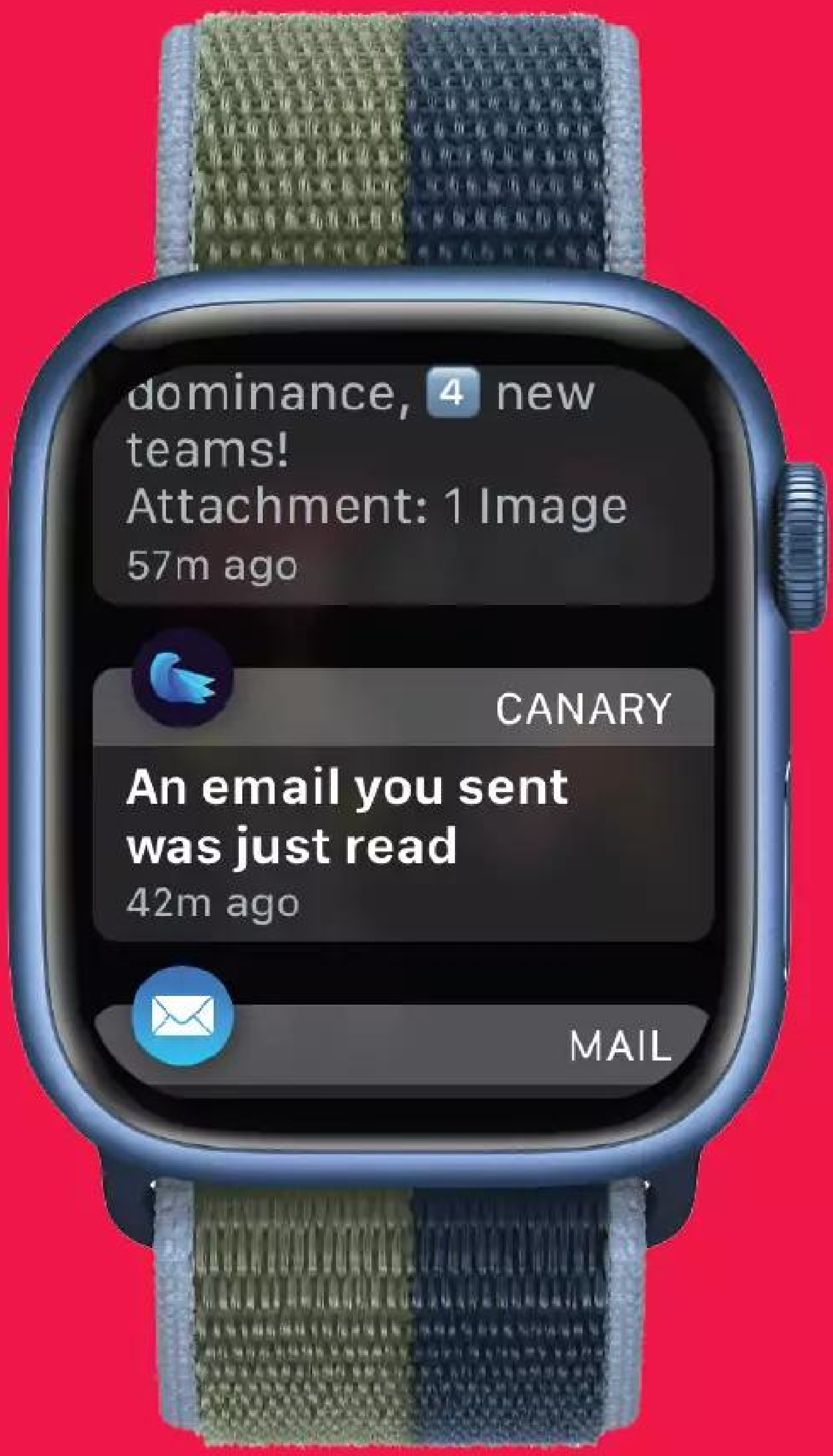
1 If you want to delete something on your Apple Watch, such as an email or a message, open the app in question and swipe that particular item left. Tap the bin to delete it.

2 To close apps in your Dock, open the Dock by pressing the Side Button once, use the Digital Crown to scroll to the app you want to close, swipe it left and tap the 'X' icon.

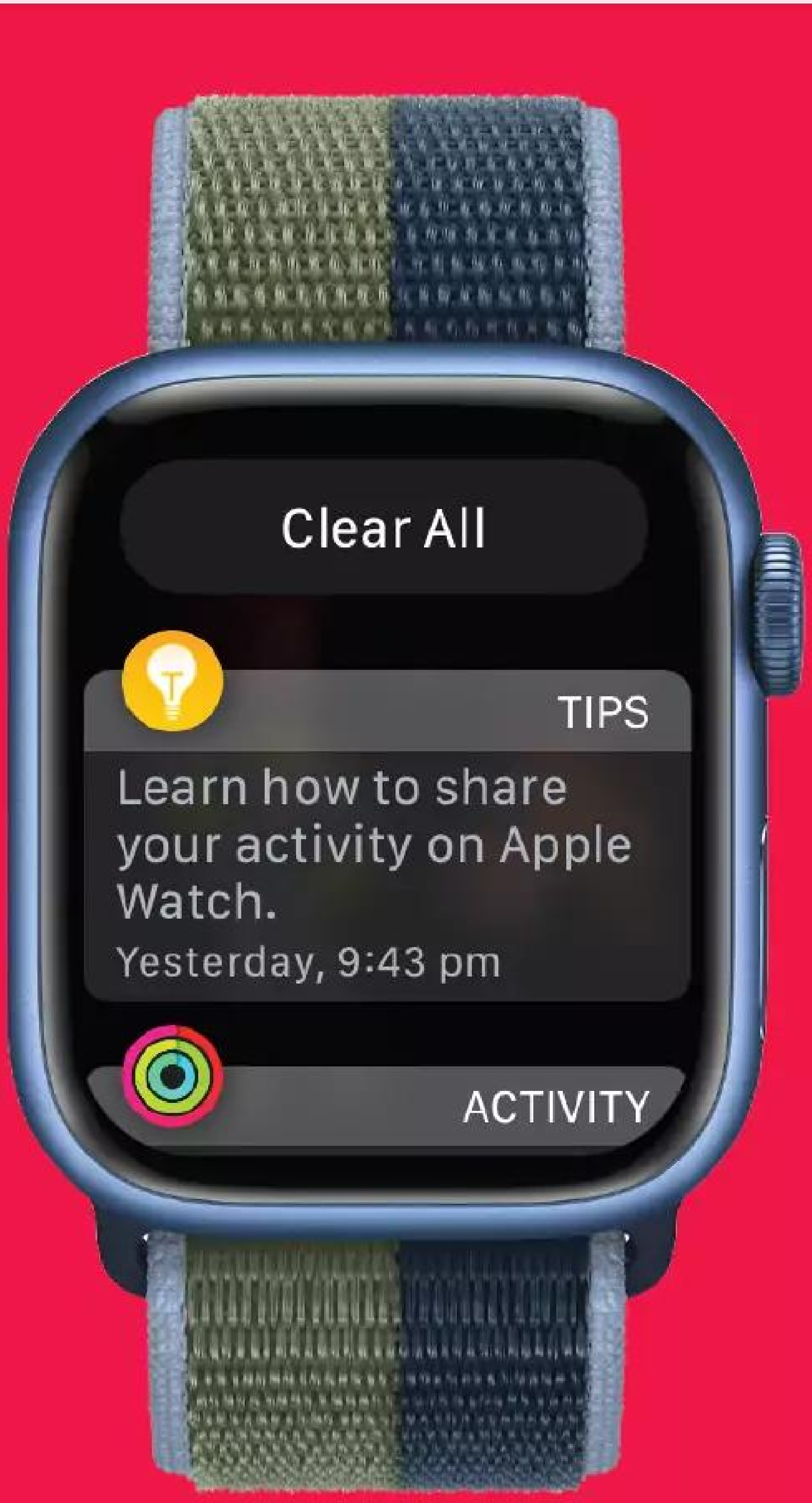
Read the Time

To have your Apple Watch read the time to you, place two fingers on the screen together and keep them there. Your watch reads the time, in character if you use the Mickey or Minnie watch face.

Clear all Notifications


dominance, 4 new teams!
Attachment: 1 Image
57m ago

An email you sent was just read
42m ago

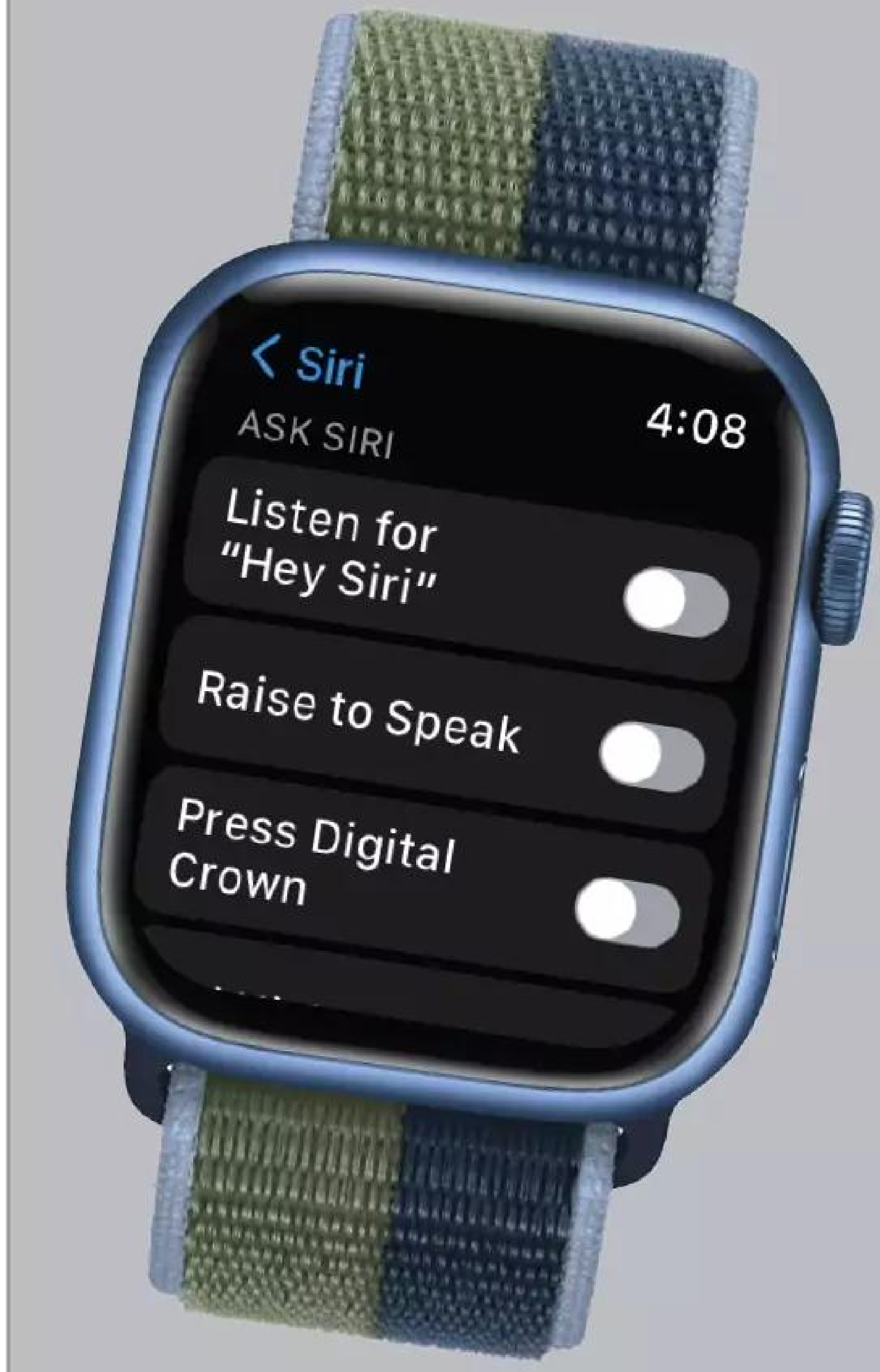


Learn how to share your activity on Apple Watch.
Yesterday, 9:43 pm

1 If you're finished with your notifications, you can clear them all from your Apple Watch in one go. First swipe down from the top of the watch face to access the Notifications screen.

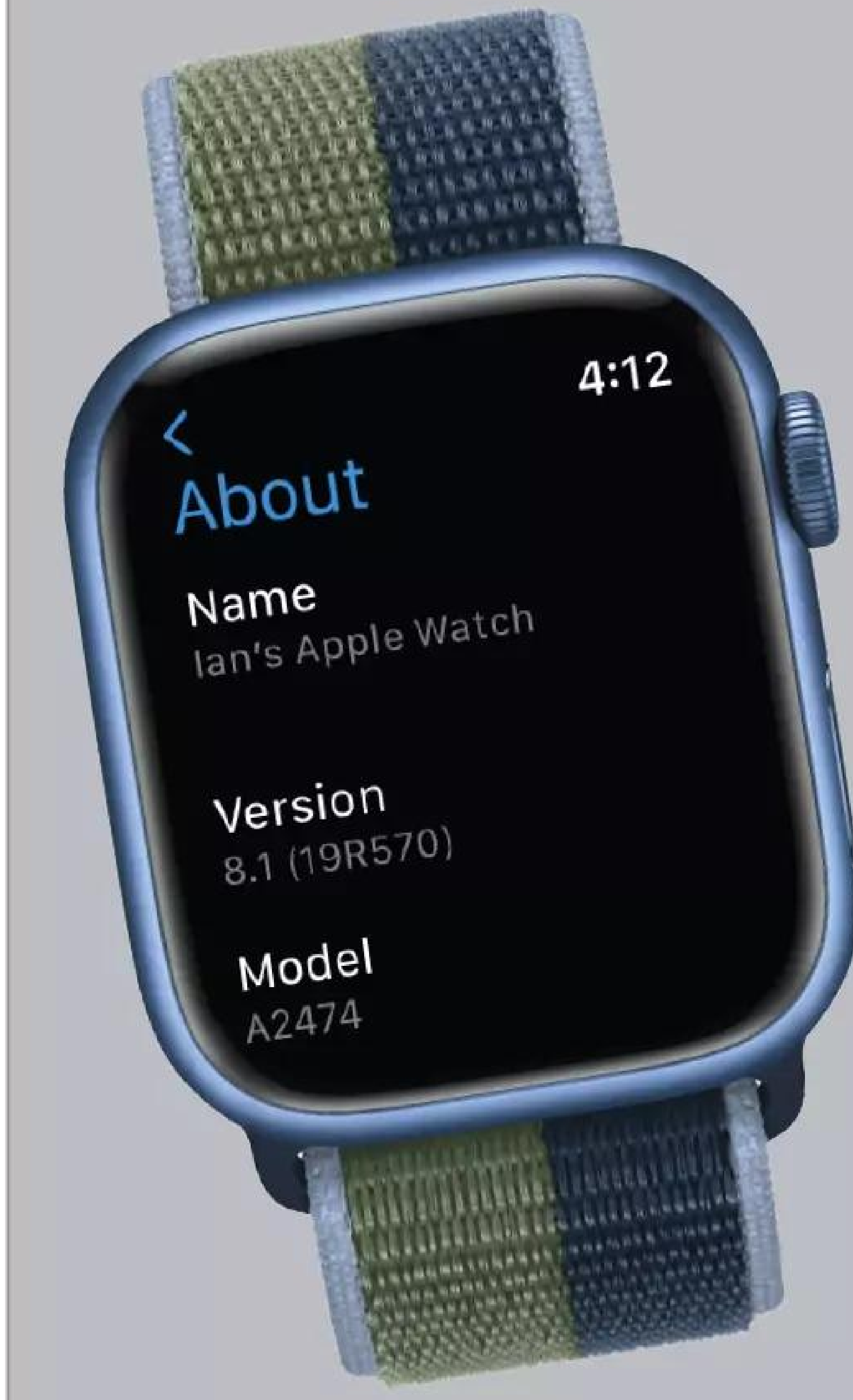
2 Use the Digital Crown to scroll the notifications all the way to the top. Atop your notifications you'll see a button labelled 'Clear All'. Tap this and your notifications are cleared.

Turn Off Siri


< Siri 4:08
ASK SIRI
Listen for "Hey Siri" ○
Raise to Speak ○
Press Digital Crown ○

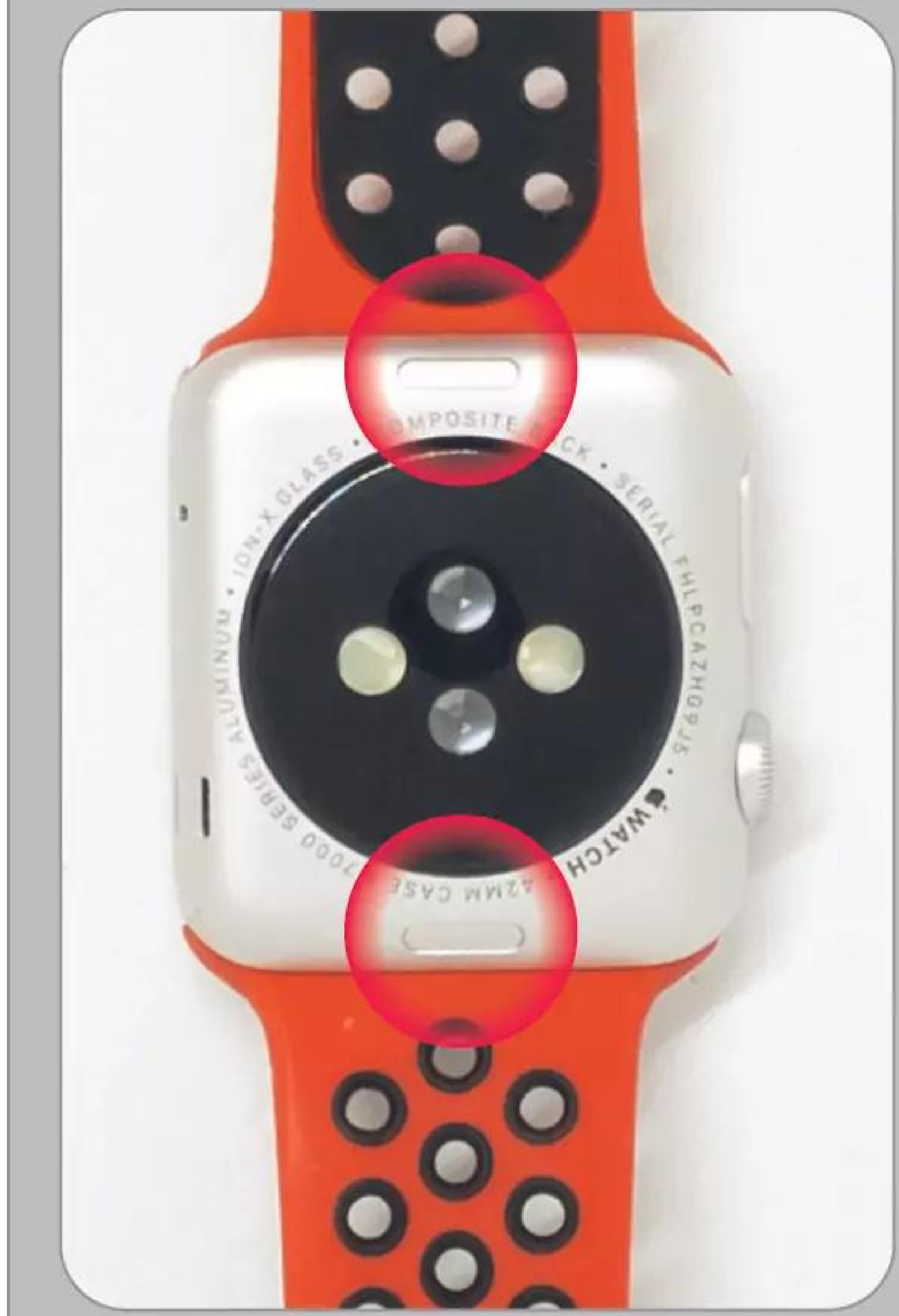
If you don't use Siri, you can turn it off. On your watch, open the Settings app and open the Siri option. Turn off the top three switches (the ways to activate Siri), and the service is turned off.

What's on Your Watch?


< 4:12
About
Name
Ian's Apple Watch
Version
8.1 (19R570)
Model
A2474

Open the Settings app and go to General > About. You'll see a breakdown of what you've got on your watch, and also its serial and model number, what version of watchOS it has and more.

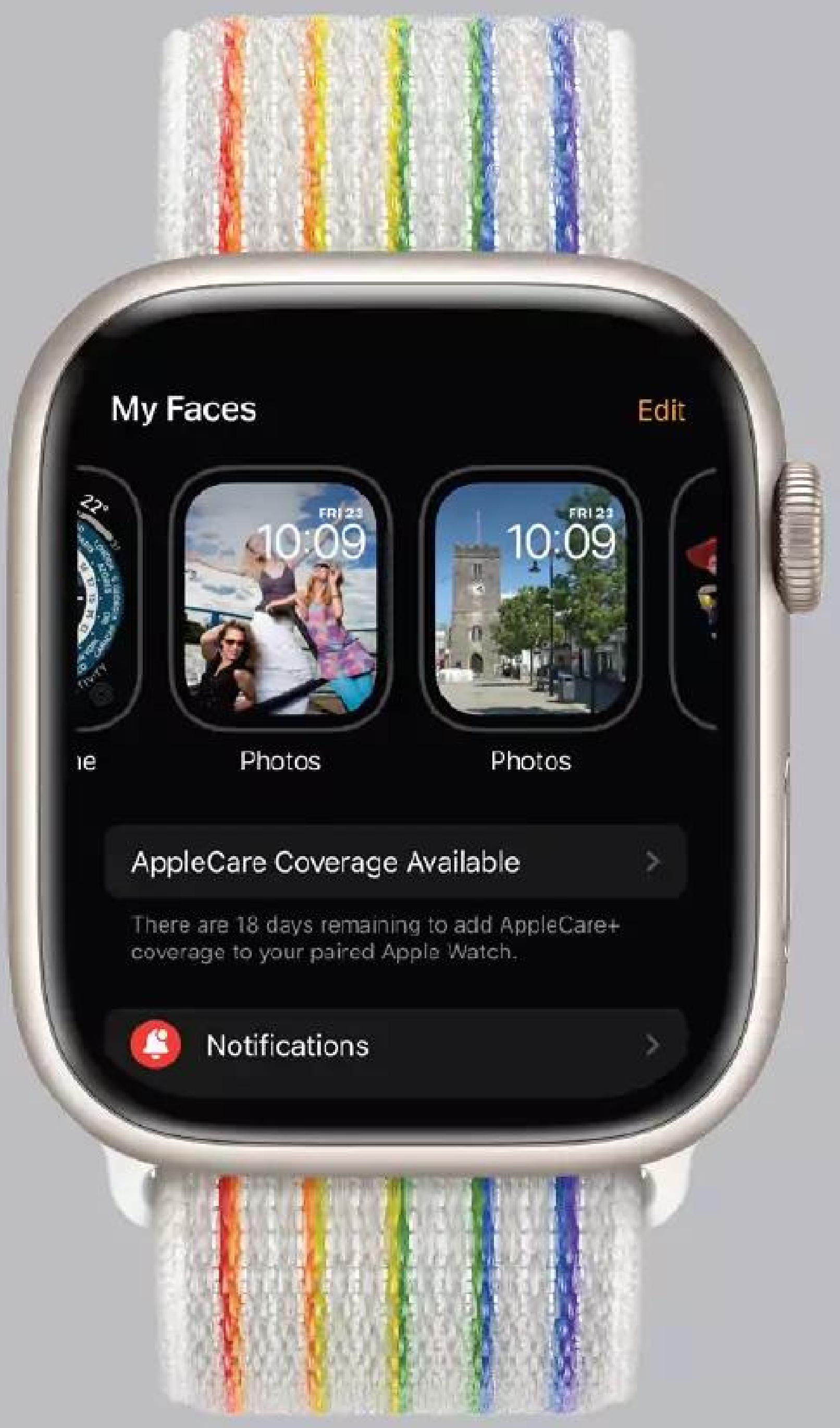
Change Watch Band



1 To change your watch band, first turn it face-down and press the button next to the band with your thumbnail. Slide out the band, then do the same with the other button.

2 Your new band simply slides in. Make sure you hear, or feel, it click into place. You can change the band as often as you like, and get new ones online or from Apple Stores.

Multiple Faces and Complications

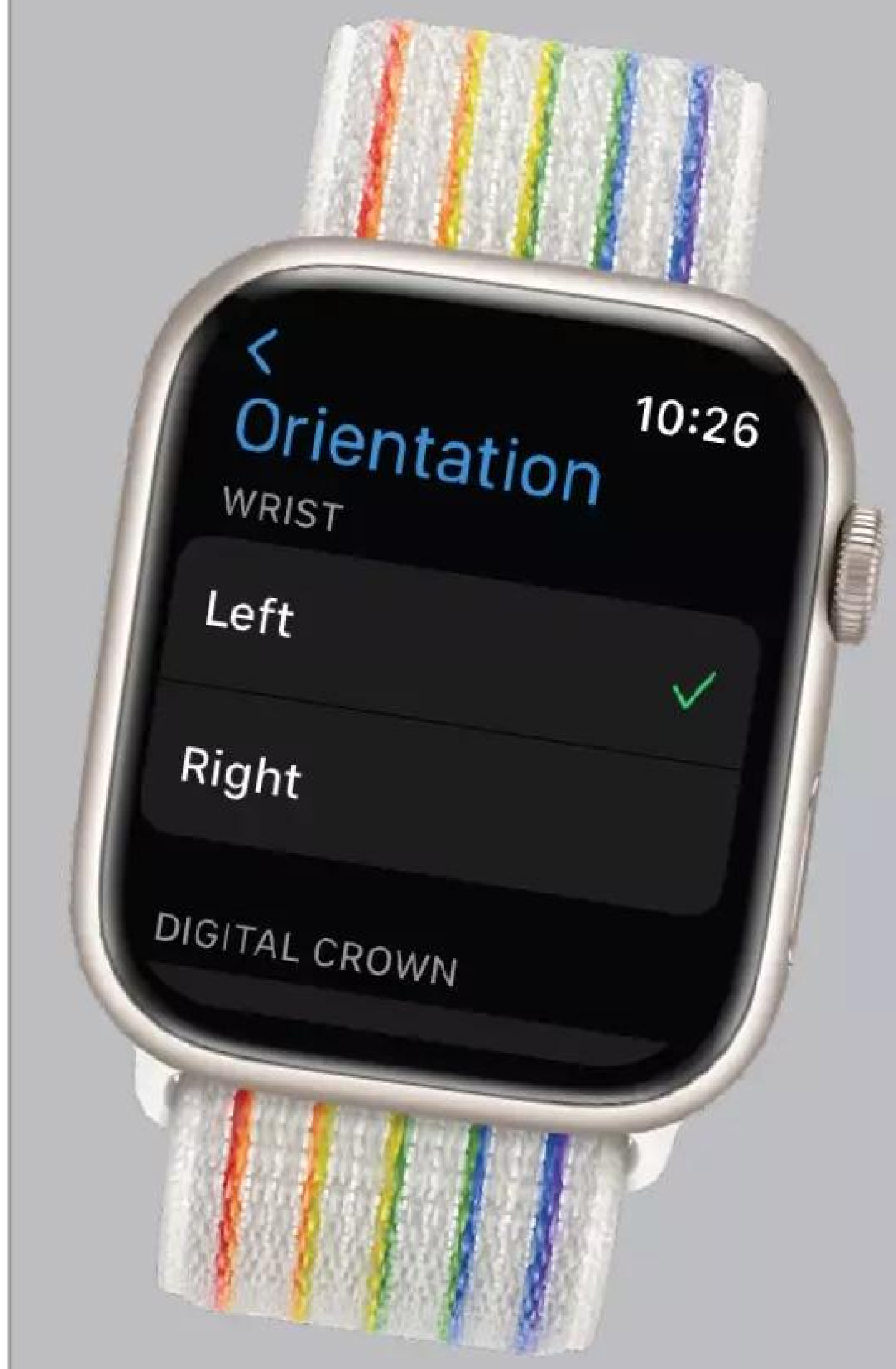

My Faces
Edit
10:09
10:09
Photos
Photos
AppleCare Coverage Available
There are 18 days remaining to add AppleCare+ coverage to your paired Apple Watch.
Notifications

5°
10:16
AUCKLAND
SYDNEY
TOKYO
BEIJING
DHAKA
KARACHI
DUBAI
MOSCOW
CAIRO
PARIS
LONDON
AZORES
S. GEORGIA
RIO
CARACAS
NEW YORK
MEXICO
DENVER
LOS ANGELES
ALASKA
HAWAII
SAMOA
NOUMEA
40% IN 1HR
AQI
2

1 When making new watch faces, you can have more than one example of the same face in your collection. Maybe two Photo faces, or a face customised in two different ways.

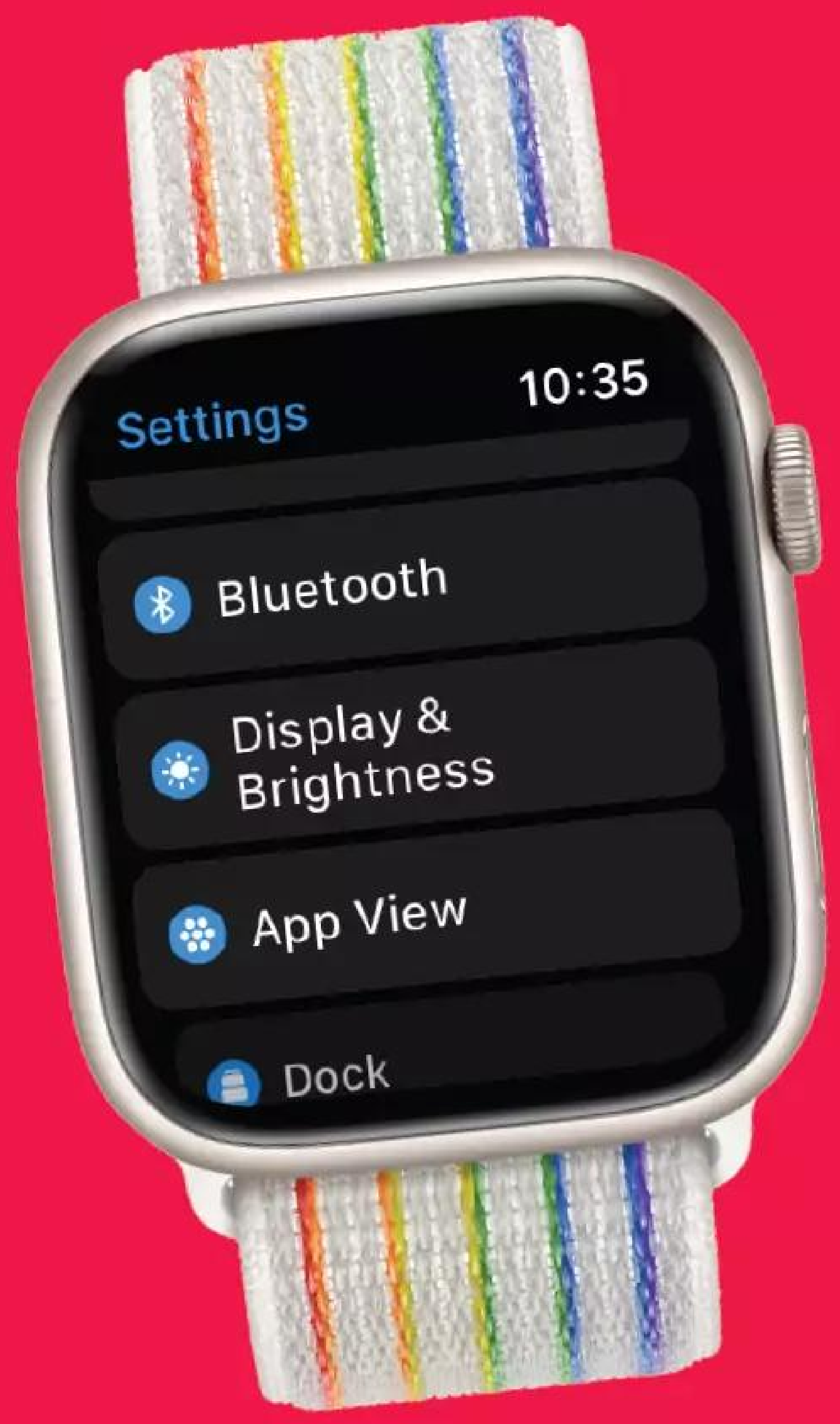
2 It's also possible to have more than one complication drawn from a single app. All four corner complications here are from the Weather app, but show different information from it.

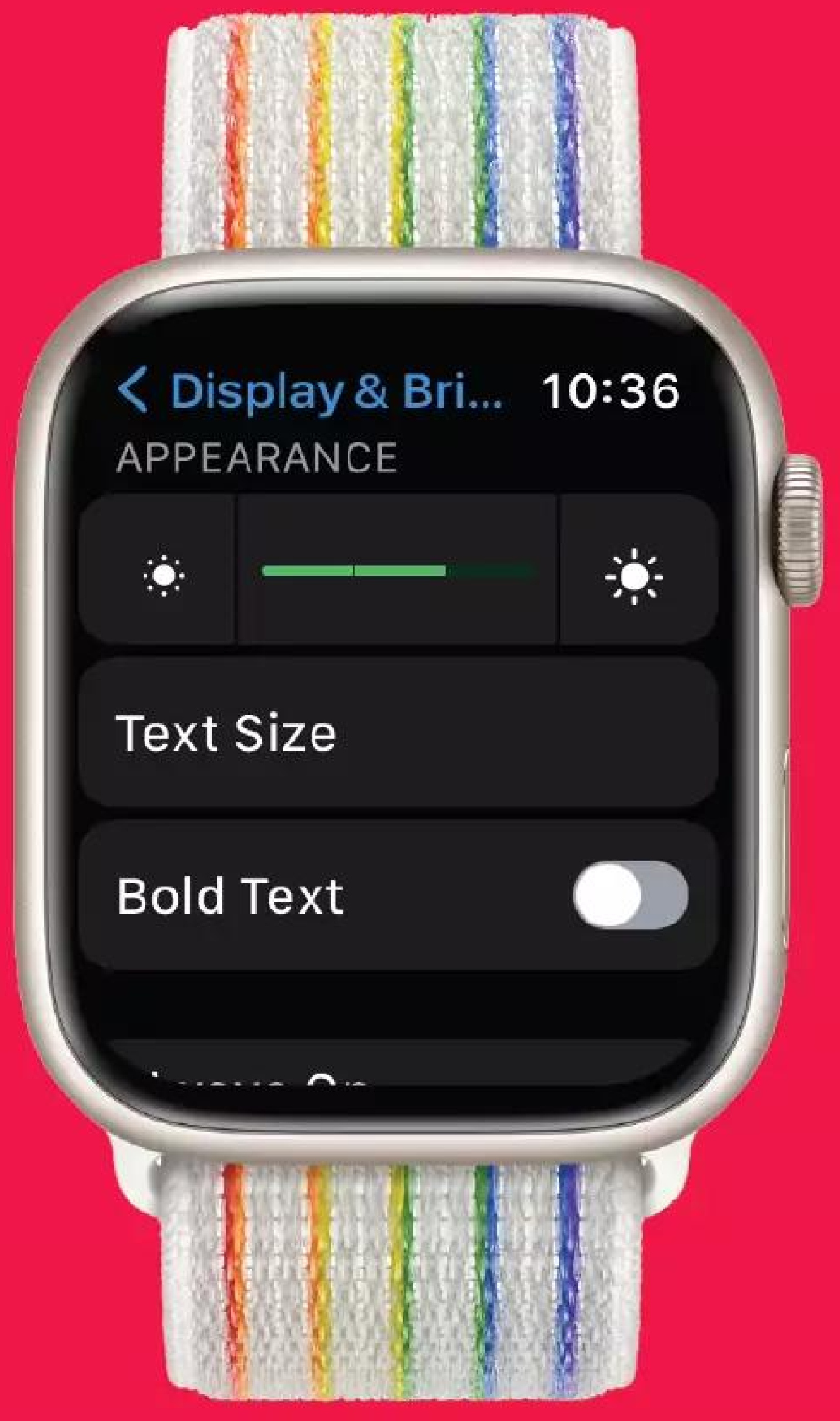
Set Up for Left Handers

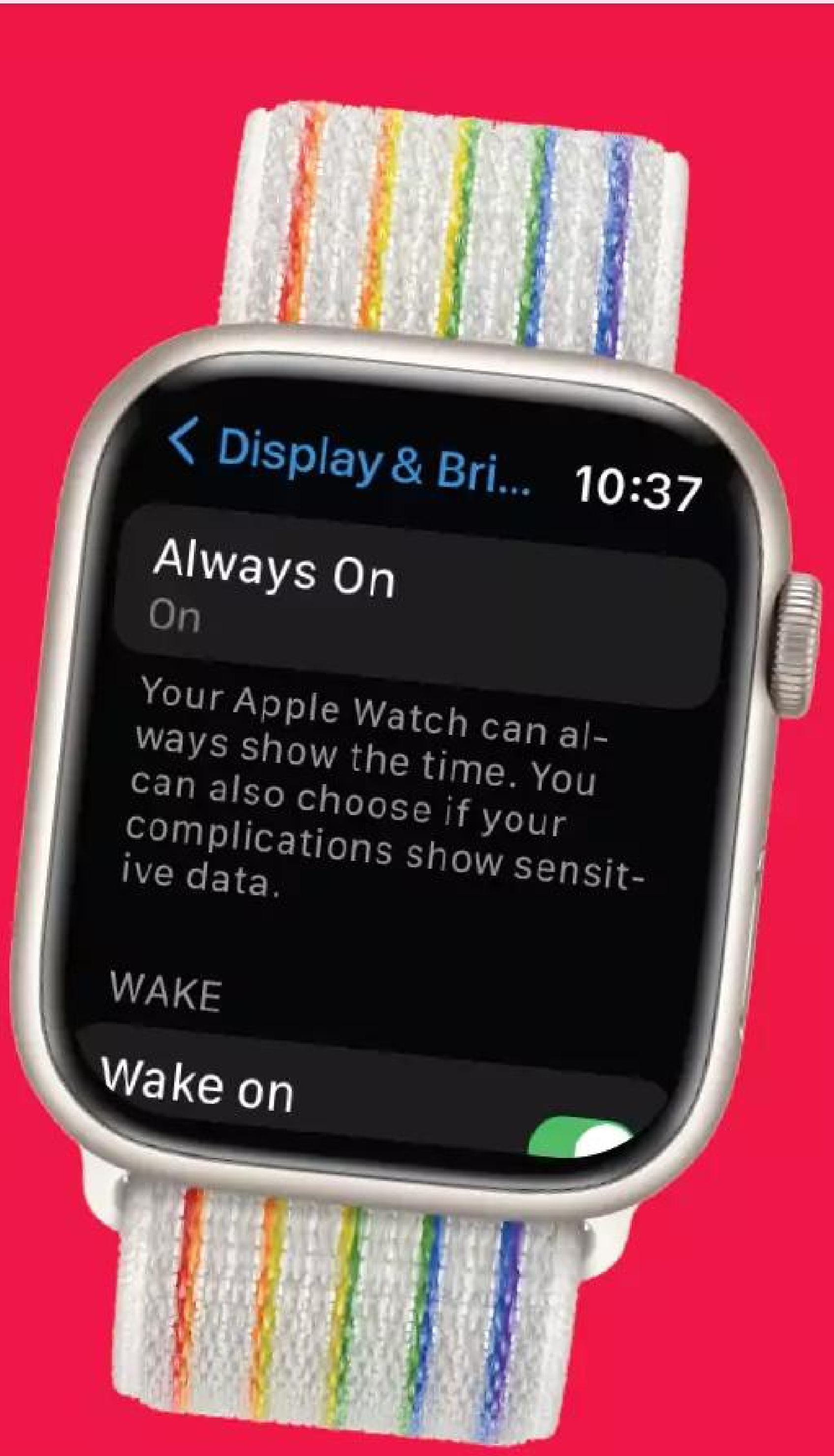

Orientation
10:26
WRIST
Left
Right
DIGITAL CROWN

Left-handers can set up their Apple Watch for wearing on their right wrist. Open the Settings app, go to General > Orientation and choose a wrist, and whether you want the digital crown on the left or the right side.

Display and Brightness Options


Settings
10:35
Bluetooth
Display & Brightness
App View
Dock


Display & Bri...
10:36
APPEARANCE
Text Size
Bold Text


Display & Bri...
10:37
Always On
On
WAKE
Wake on

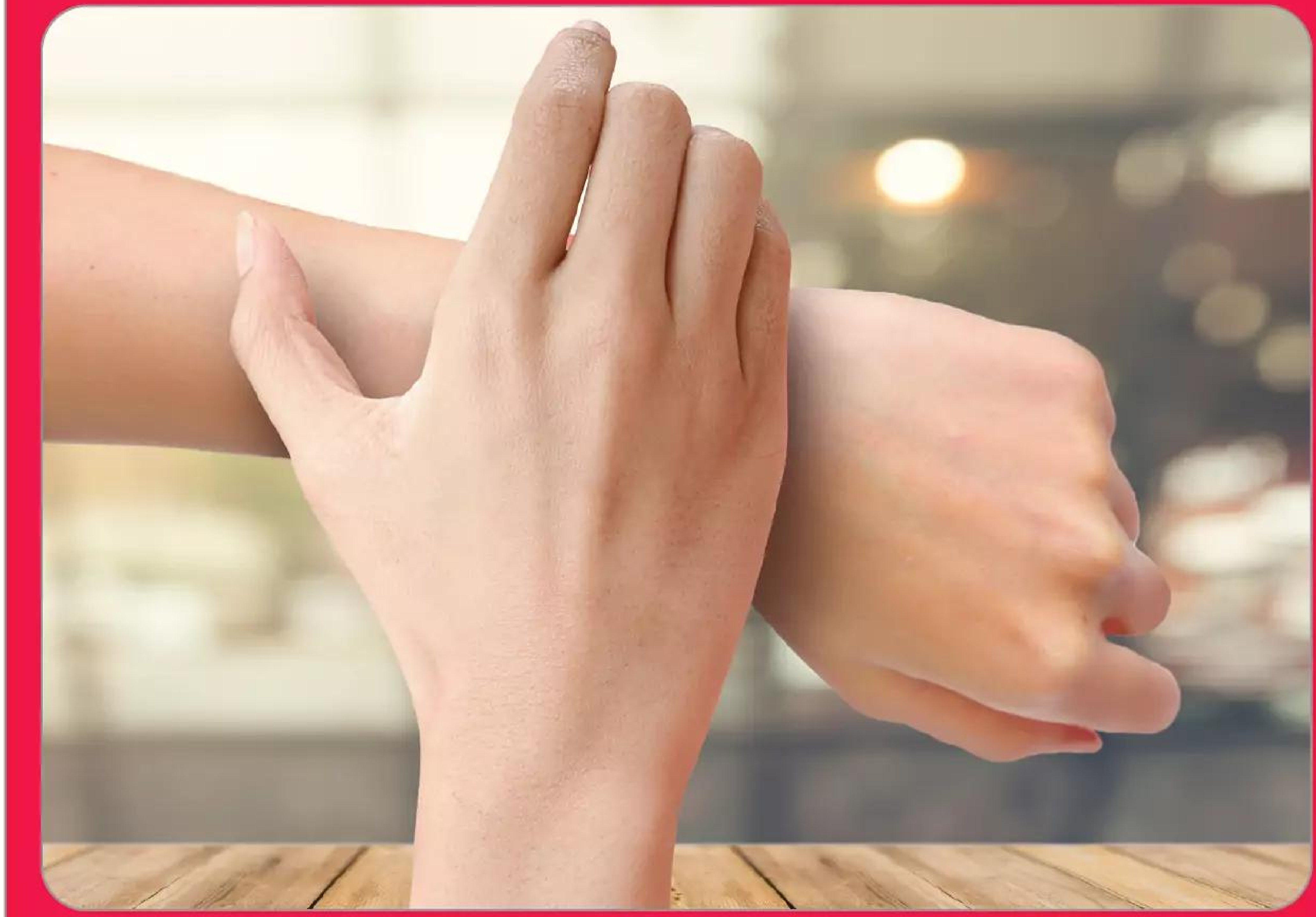
Your Apple Watch can always show the time. You can also choose if your complications show sensitive data.

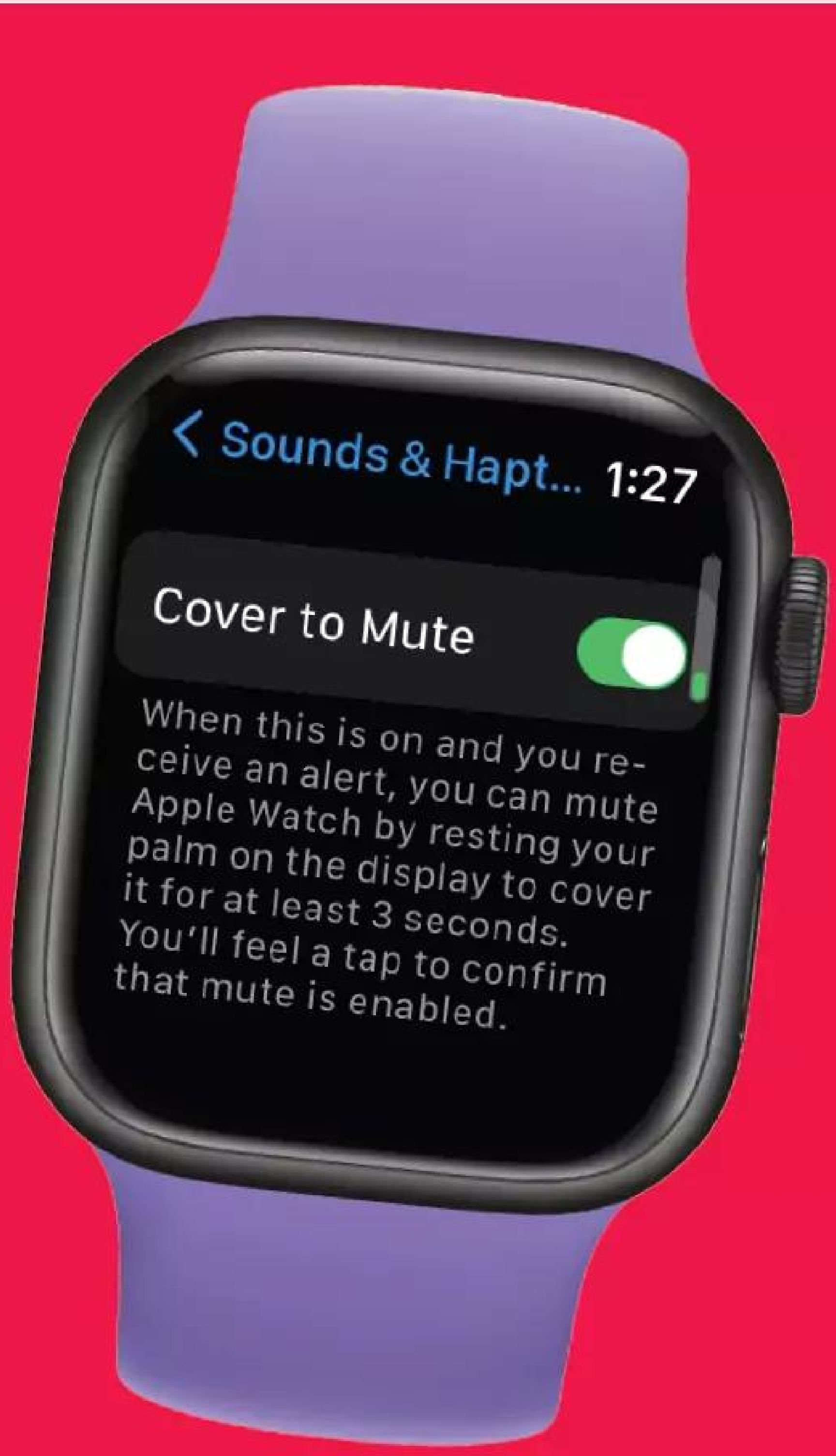
1 You can change a lot of things in the Display and Brightness setting. Open the Settings app, and tap the Display & Brightness button to get to the customisable options.

2 You can make the display brighter or dimmer, which uses or saves battery power respectively. You can also alter the size of the text displayed on the watch face, or make it all bold.

3 Scroll up for more options, such as turning off the always-on display, changing what makes the watch wake from sleep and for how long it stays awake before going to sleep again.

Cover to Silence



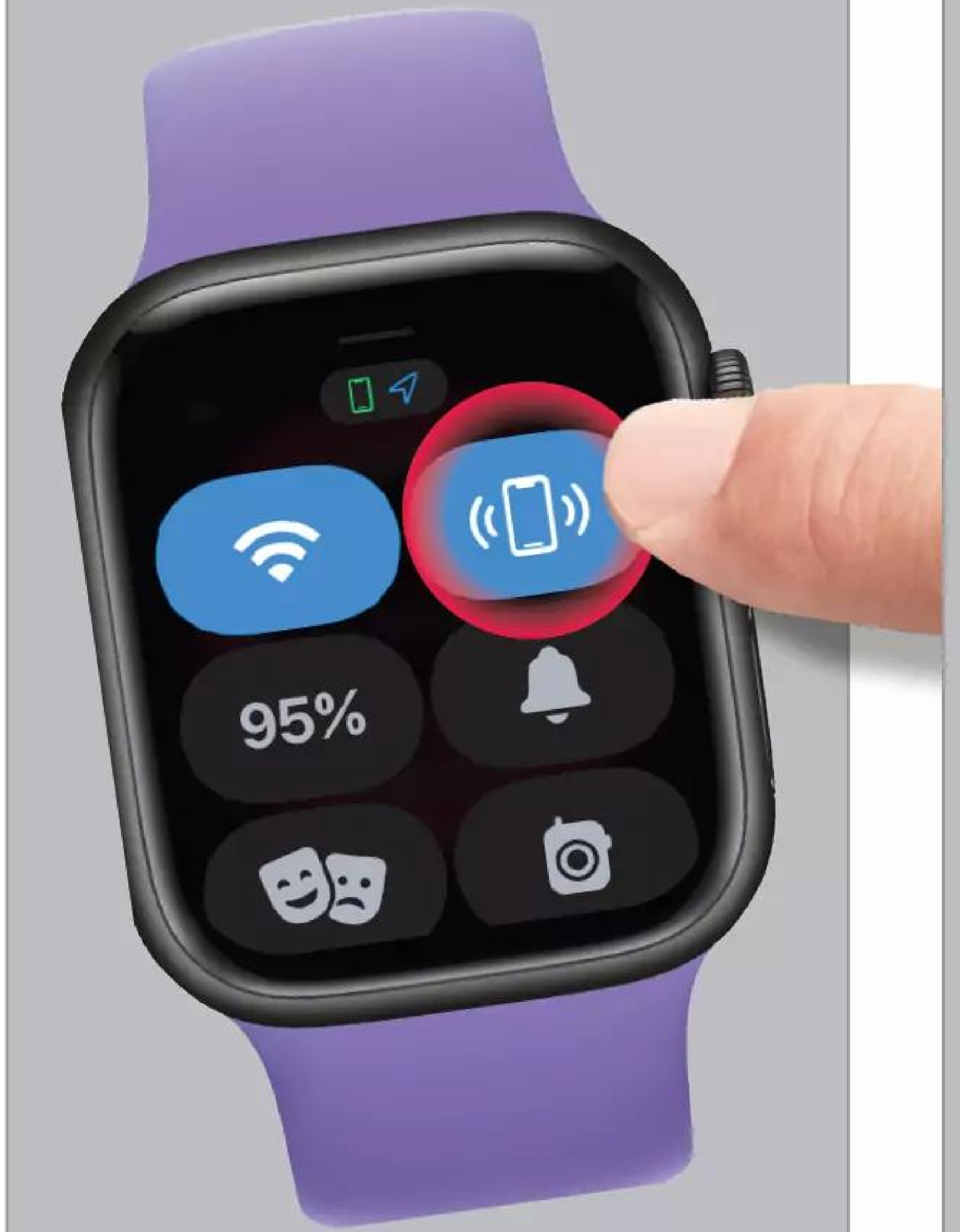


When this is on and you receive an alert, you can mute Apple Watch by resting your palm on the display to cover it for at least 3 seconds. You'll feel a tap to confirm that mute is enabled.

1 If your Apple Watch lights up or makes a noise at an inconvenient time or location, such as during a meeting or in a movie theatre, you can silence it quickly and easily by placing your palm over the face of the watch and holding it there for around three seconds. Instant peace!

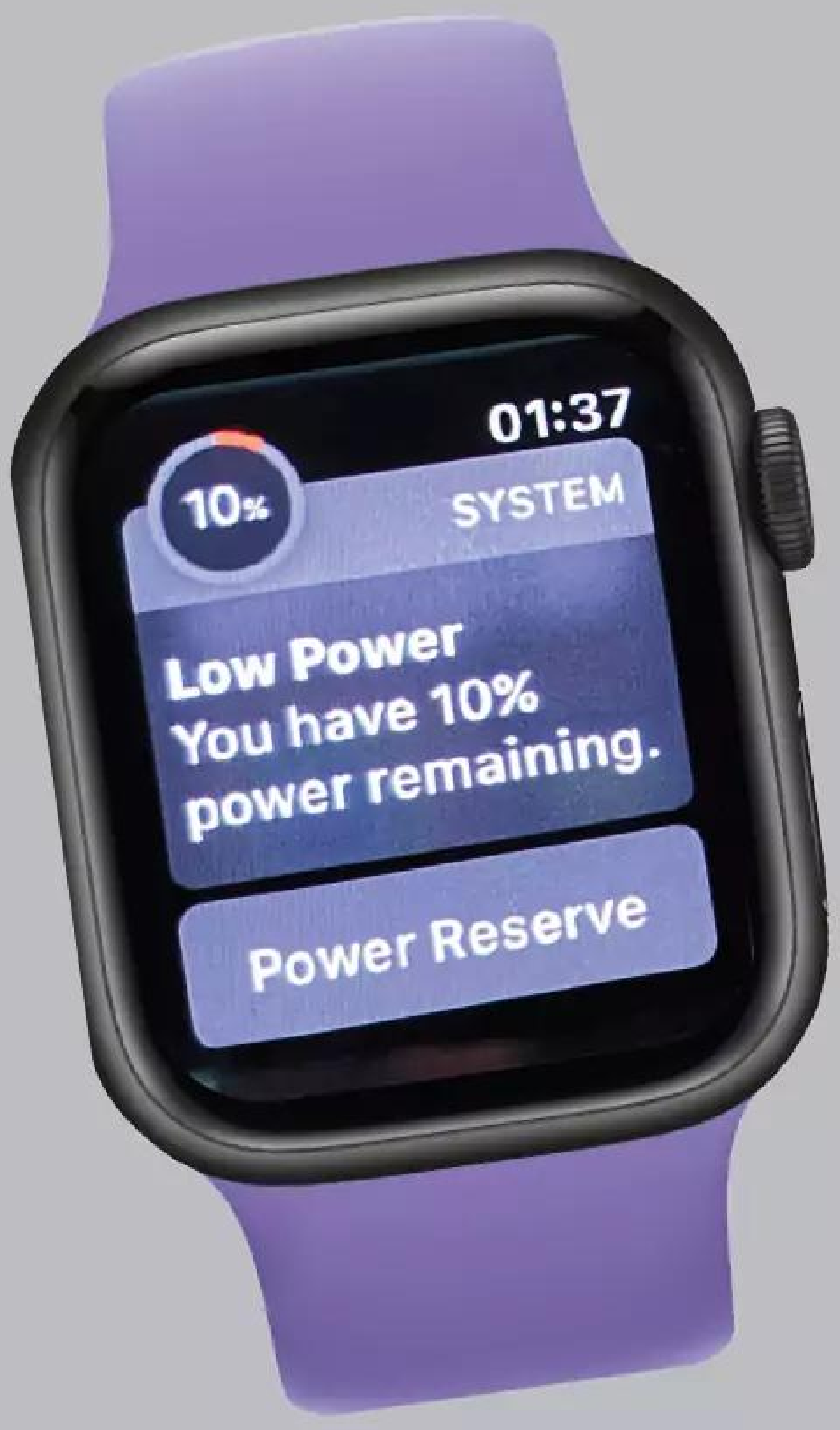
2 To turn this feature on or off, in your iPhone's Watch app go to My Watch > Sounds & Haptics or on your watch, go to Settings > Sounds & Haptics and turn Cover to Mute on or off.

Ping Your iPhone

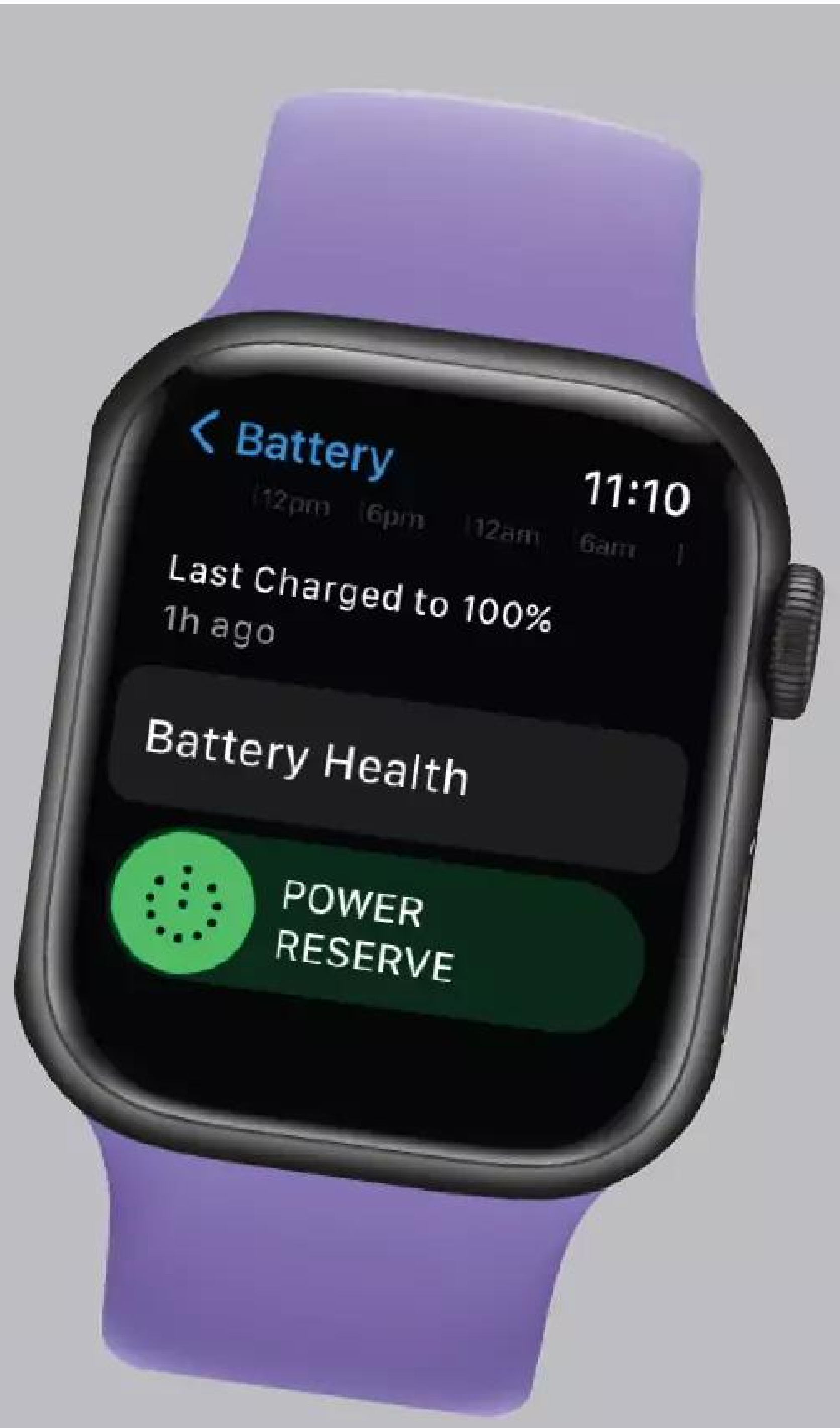


If you've misplaced your iPhone and you know it's somewhere nearby, on your watch, swipe up from the foot of the screen and tap the Ping iPhone button. Your phone makes a noise.

Power Reserve



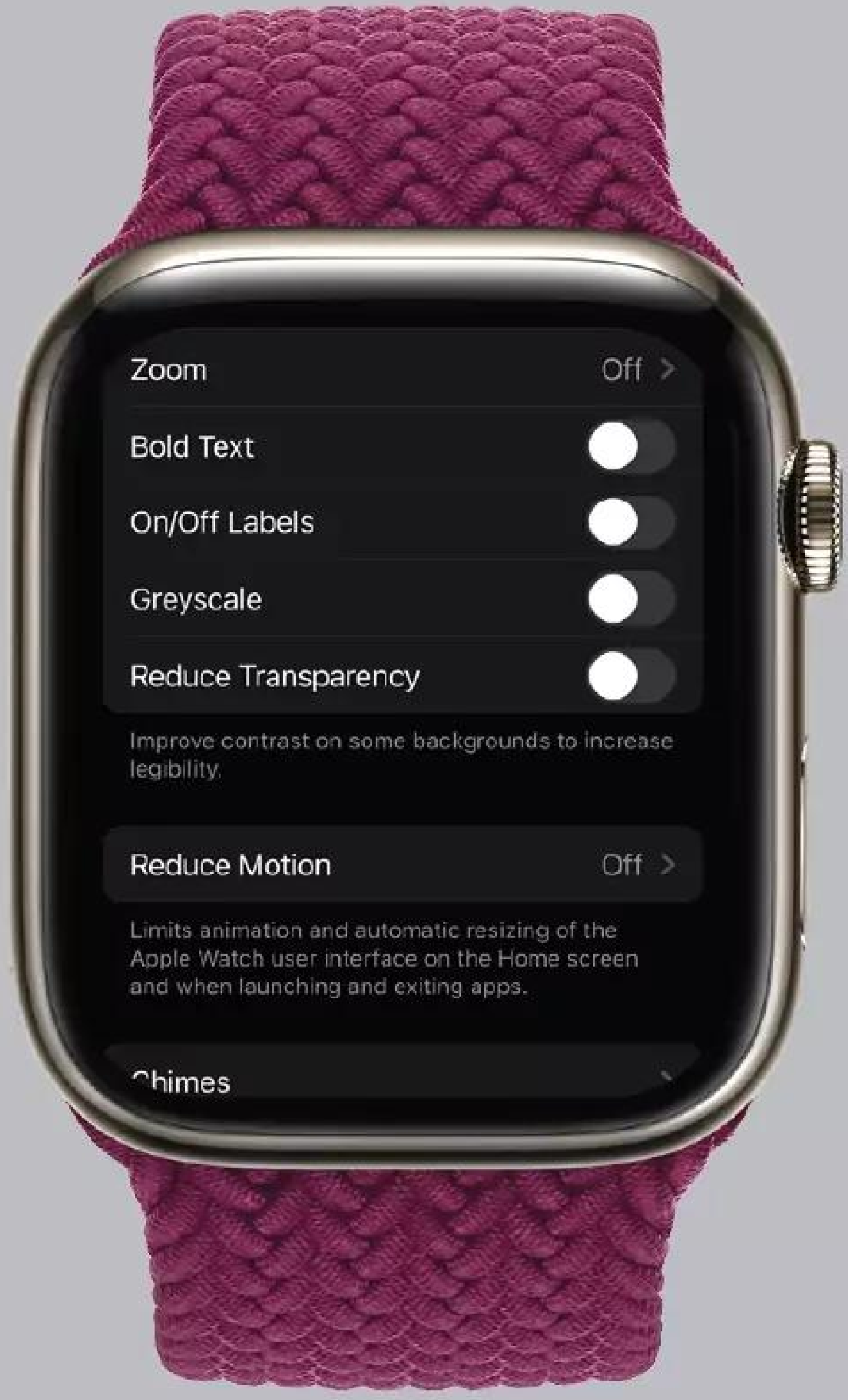
Low Power
You have 10% power remaining.



1 If you're out and about and your watch is low on power, you can extend it greatly using Power Reserve, which turns off all features except the time. If power is below 10%, you get a message inviting you to turn on Power Reserve.

2 You can also turn on Power Reserve in Settings > Battery. Scroll to the foot of the page and swipe the Power Reserve switch. To turn off Power Reserve, press and hold the Side button until you see the Apple logo, and your watch restarts.

Go Greyscale



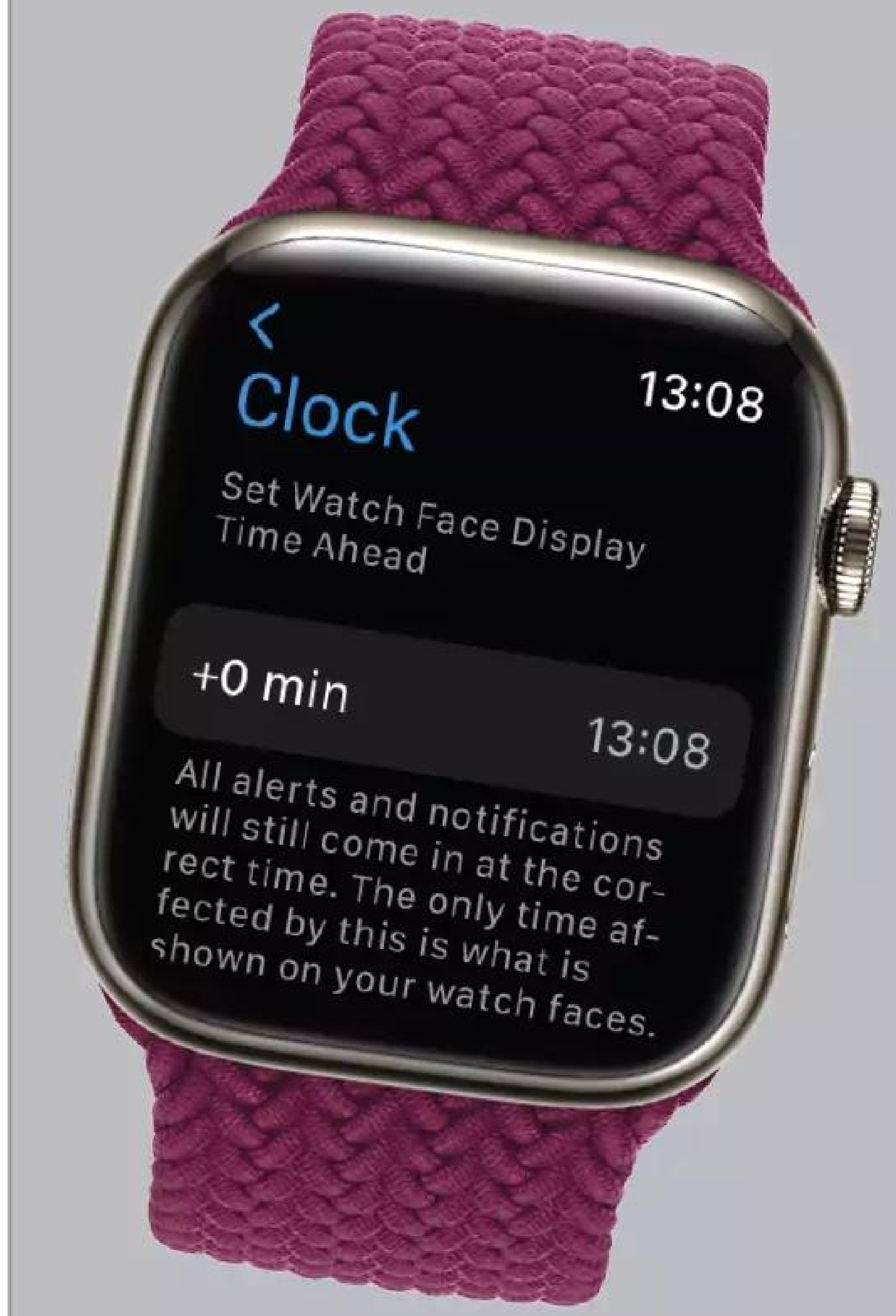
Zoom Off >
Bold Text
On/Off Labels
Greyscale
Reduce Transparency
Improve contrast on some backgrounds to increase legibility.
Reduce Motion Off >
Limits animation and automatic resizing of the Apple Watch user interface on the Home screen and when launching and exiting apps.
Chimes

Activity
12:51

1 The Apple Watch has a greyscale option, which shows the screen in shades of grey instead of colours; it’s intended for the colourblind. To turn your screen grey, open the iPhone’s Watch app and go to My Watch > Accessibility.

2 On your iPhone, tap the switch marked ‘Greyscale’ to turn this feature on. The screens on your Apple Watch are now shown in shades of grey, with no colours evident. To go back to colours, tap the switch discussed in Step 1 again.

Set Your Watch Fast



Clock 13:08
Set Watch Face Display Time Ahead
+0 min 13:08
All alerts and notifications will still come in at the correct time. The only time affected by this is what is shown on your watch faces.

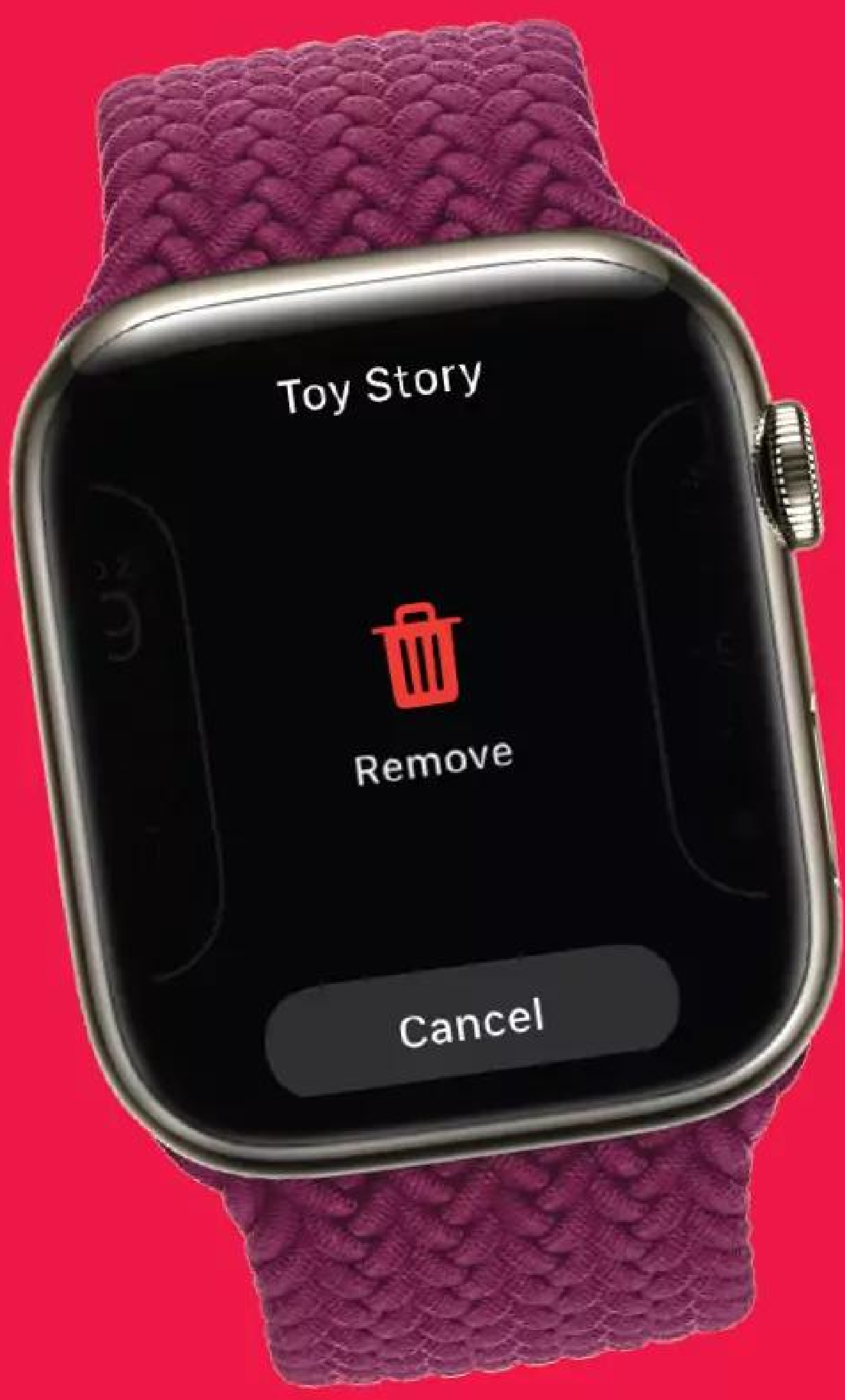
Some people like to set their watch a few minutes fast. To do this on an Apple Watch, go to Settings > Clock and tap the button in the centre, then add on up to 60 minutes. Alerts and alarms are not affected; they go off at the correct time.

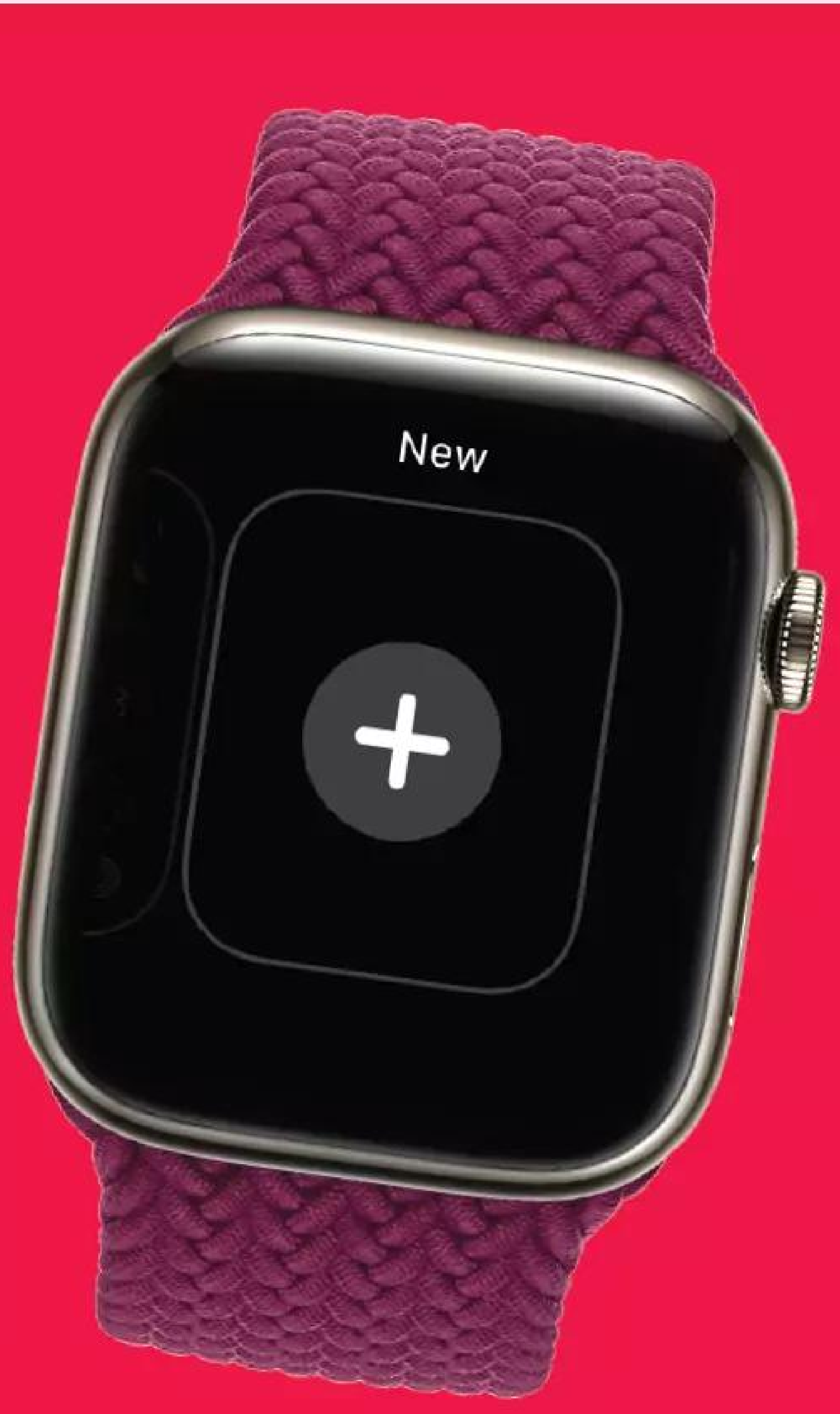
Open an App Using Siri

What can I help you with?

You can open an app using Siri. Hold the digital crown and say ‘Open [app name]’. If your hands are full, you can launch Siri by saying ‘Hey Siri’ too. So ‘Hey Siri, open [app name]’ launches an app of your choice without touching your watch.

Hide Watch Face





1 If there’s a watch face you seldom use, you can hide it by deep pressing on the watch screen, swiping left or right to get to it and then swiping up, to see this remove icon. Tap it and the watch face is removed from the list found here.

2 Deleted watch faces aren’t gone forever. They can be restored using the New button on the right of the watch faces. Tap it, then scroll to the face you deleted using the digital crown. When you’ve found it, tap it to restore it to the range.

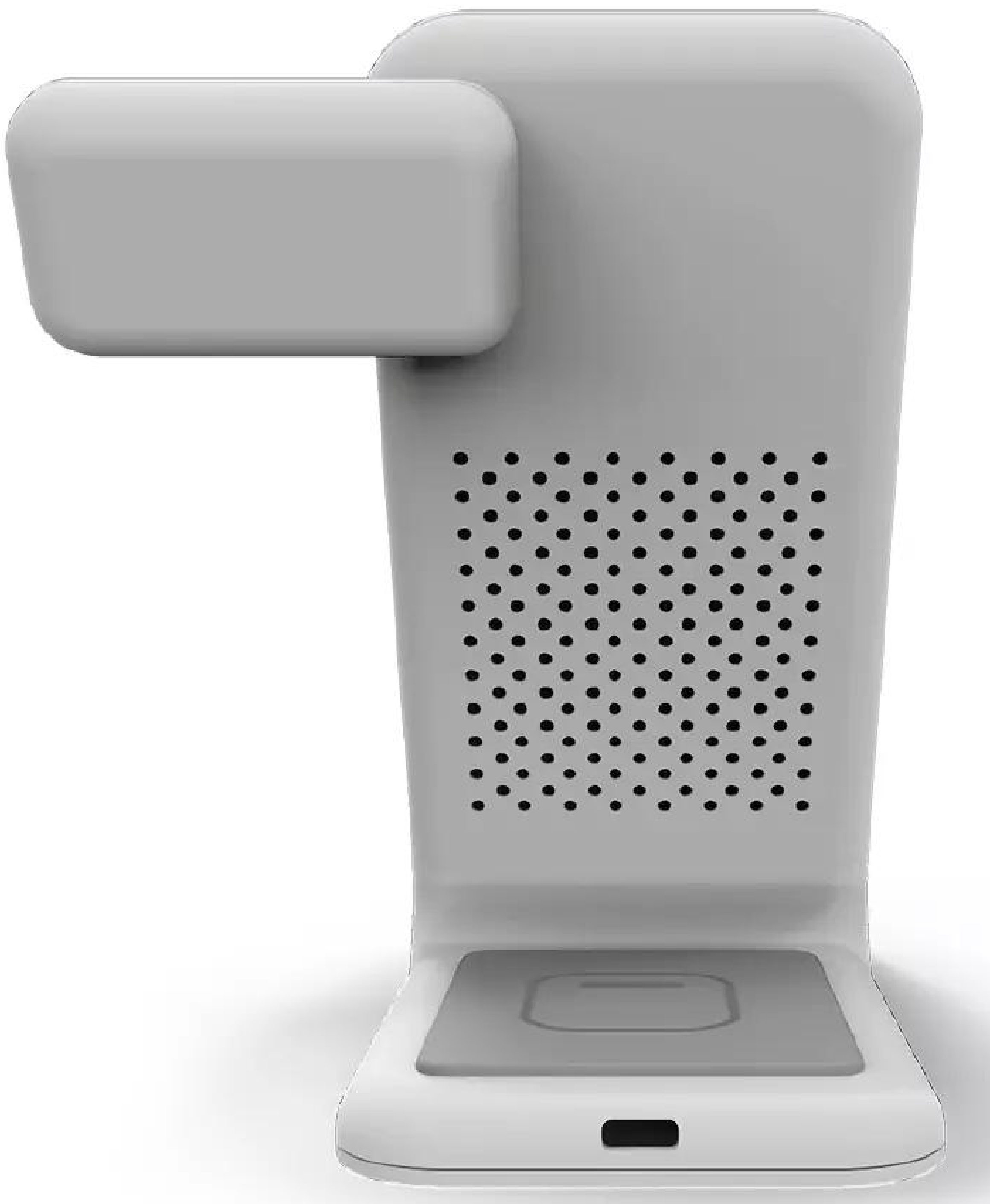
Gadgets and Gear

There are all sorts of amazing gadgets and peripherals you can buy for your Apple Watch, some from Apple itself, and others from third-party manufacturers. Here we take a look at some of the best around. Whatever it is you need, you'll find it here.

ChargeTree Swing

STM: www.stmgoods.com
Prices: £69.95, $79.95

This second-generation STM ChargeTree is available in black or white, and charges a Qi-compatible iPhone, AirPods (with a wireless charging case) and an Apple Watch, all at the same time, using only one power socket. You just need a USB-C mains adapter of at least 20W. Charge your iPhone by resting it on the mat at the front. It's comfortably cushioned, and there's an optional rubber raiser to fit over the foot if you have a smaller iPhone. Earbuds sit on a charging pad mounted horizontally on the stand.



Black Unity Braided Solo Loop

Apple: www.apple.com
Prices: £99.00, $99.00, 99,00 €

If you like Apple's new Black Unity face for Apple Watch, why not splash out on a matching braided solo loop? It's available in nine sizes, so measure your wrist first. According to Apple, it's 'inspired by Afrofuturism' and 'symbolises the necessity for a more equitable world.' It even has a laser-etched unity message on the lugs, that is, the metal section of the band that connects to the body of the watch. It's a gorgeous strap, and is available for both the 41mm and 45mm Apple Watch.

SPECTRUM // SOLID COMBO

ITSKINS: www.itskins.com
Prices: £39.99, $39.99, 39,99 €

Available for Apple Watch Series 4 and later, in 44/45mm or 40/41mm sizes, these awesome Apple Watch straps are drop-tested from up to seven feet. They're available in four colours (red, black, blue or olive green), and they feature a breathable strap, so they're great for hiking or hard exercise. They give easy access to the Apple Watch's buttons and controls, and fit securely to your wrist with a popper-style fastener. If you want to protect your watch while working out, this is for you.

ActionBand for Watch

Twelve South: www.twelvesouth.com
Prices: £24.99, $29.99, EU TBA

The Apple Watch is great for exercise, and ActionBand is its perfect companion. These soft, flexible terry cotton bands hug your wrist, absorb sweat and keep your hands dry while you close your rings. There's a space for your Apple Watch in one of them, so you can watch your workouts as you go. They're comfortable, washable and stylish too. ActionBand is compatible with Apple Watch Series 4, 5, 6, SE & 7. It's the perfect addition to your kit bag or gym locker.

McLaren T5 II True Wireless Sport Earbuds

Klipsch: www.klipsch.com
Prices: £259.00, $249.00, 279,00 €

These limited edition Bluetooth earbuds are great for sports; just the thing if you use your Apple Watch in the gym, and want to connect a pair of earbuds to listen with while you work out. Both the case and the earbuds are dust proof and water resistant. The case also has a 'moisture removal system', which basically means water-absorbent beads in the lid. The buds and their case are a McLaren-inspired black with carbon fibre accents and papaya orange details; and they offer a great sound.

Klipsch
Klipsch
McLaren

Eve Cam

Eve Home: www.evehome.com
Prices: £126.33, $101.44, 149,95 €

This handy HomeKit-compatible indoor security camera, offers 1080p recording at 24fps and gives a 150-degree field of view. You can review its video stream on your Apple Watch too! It's simple to set up, and you can stand it upright on a flat surface, or fix it to a wall using the supplied metal plate. The camera bends forwards and backwards on the stand through 180 degrees, and rotates through 360 degrees. Wherever you place it, you can point it where you like.

Watch Magnetic Fast Charger Cable

Apple: www.apple.com
Prices: £29.00, $29.00, 35,00 €

Do you need a replacement charging cable for your Apple Watch, or maybe you've set up your main cable in a charging stand and you're after a second charging cable to take with you on trips away from home? If so, you can get an Apple Watch Magnetic Fast Charger Cable, that's a metre in length, directly from Apple. You can buy them with regular, USB-A plugs or a more modern USB-C connector, and they're available from the Apple website or from high street Apple stores.

3-in-1 Wireless Charging Stand

Mophie: www.zagg.com
Prices: £129.99, $139.95, 59,00 €

This wireless charger powers three of your Apple devices at once. The vertical stand on the left holds and charges your Apple Watch. The charger is built-in so you don't have to use the one that came with your watch; keep that for travel. In front of it is a recessed area where you place your AirPods (2nd gen or Pro). On the right of the unit is a regular wireless charger for your iPhone, as long as it's wireless-charging compatible. It's perfect for your bedside table.

TWS NB2 Bluetooth Earbuds

Edifier: www.edifier.com
Prices: £89.99, $74.99, 105,11 €

As soon as you open the box you can see the TWS NB2 earbuds are something special. They're supplied in a hard plastic charging case that feels comfortable in the pocket. They're Bluetooth 5.0 compatible and last for seven hours on a full charge, with another 18 hours of playtime in the case. Also supplied are a USB-C cable for charging, and a drawstring bag to carry it all in. Pair them with your Apple Watch and enjoy music from your wrist.

Nanoleaf Shapes

Nanoleaf: https://nanoleaf.me
Prices: £179.95, $199.95, 199,95 €

Nanoleaf is smart lighting with a difference. Instead of a light bulb that plugs into your regular lamp fittings, or a strip light you can bend around or hang on your furniture, these are shapes you can link together into exciting wall-mounted designs. Each panel can display 16 million colours. Brightness is controllable, using the app, the Apple Watch app or the controller connected to your panels, and can reach up to 80 lumens. So far, Nanoleaf has released hexagons, squares, small triangles and standard triangles; all of which can be combined in exciting designs.

ActionSleeve Armband for Apple Watch

Twelve South: www.twelvesouth.com
Prices: £34.99, $48.82, 40,97 €

When working out, ActionSleeve 2 holds the Apple Watch in place on your bicep, freeing up your wrist for lifting weights, holding handlebars and whatever else you need your hands for while exercising. All you need to do is slide out the Apple Watch band and pop the watch body into the back of the ActionSleeve, where it's held securely. It doesn't stop the sensors from working during exercise. It's made from a hand-washable, non-allergenic material that is soft against the skin. It's compatible with Apple Watch Series 4, 5, 6, SE and 7 and is available for both the 40/41mm and 44/45mm watch sizes.

9:41:00
168
02
05
ActionSleeve

Eve Energy Smart Plug

Eve Home: www.evehome.com
Prices: £34.95, 39,95 €

The connected home is fun. With a simple voice command you can switch the lights on, start the cooker, turn on the TV and more. Using Siri, you can even set up a series of tasks to activate with one command. 'Hey Siri, morning routine' you shout, rubbing the sleep from your eyes. In an instant, the kettle boils, the heating activates and you get a weather update on your iPhone. Marvellous stuff. And with Siri or the Home app on your Apple Watch, you can do all that without going anywhere near your phone. It's not the cheapest smart plug, but you get a lot for your money.

Miami Active Noise-Cancelling Headphones

Urbanista: www.urbanista.com
Prices: £129.00, $149.00, 149,00 €

According to Urbanista, Miami headphones are 'inspired by the city's vibrant pulse.' We've not experienced the city ourselves, but these certainly look vibrant. Available in black, white, red or green, they feature shiny bodywork with matching cushions. They're Bluetooth, offering up to 50 hours of playtime on a full charge, or use the supplied audio lead for cabled connectivity. Charging is through a supplied USB-C cable. There's a carry case for transporting your headphones too. Pair them with your watch using Bluetooth and you can listen to music from your wrist, without needing your phone.

One Drop Chrome Blood Glucose Monitoring Kit

One Drop: https://onedrop.today
Prices: $69.95

Designed for diabetics, this glucose monitoring kit delivers accurate results in about five seconds, and then delivers them by Bluetooth to your iPhone and Apple Watch. The lancer draws a single drop of blood, which you then place on a testing strip. When you sync your meter with the One Drop Mobile app on your iPhone or Apple Watch, you can see all your blood glucose data and analytics at a glance; including blood glucose, food, medication and activity.

---
mg/dL
ONE DROP

ONE DROP
ONE DROP
ONE DROP
50 TEST STRIPS

Body+ Body Composition Wi-Fi Scale

Withings: www.withings.com
Prices: £89.95, $99.95, 99,95 €

Withings' patented Position Control technology gives accurate body metric readings. As well as measuring your weight, you can also check your body fat and water percentage, and muscle and bone mass. The statistics appear immediately on the screen, and automatically sync with the mobile app, so you can review it on your iPhone, iPad or Apple Watch. It can automatically recognise up to eight users; even small babies. It's ideal for the health-conscious.

The Watch Band Portfolio

von Holzhausen: https://vonholzhausen.com
Prices: £99.95, $99.95, 119,95 €

It's easy to change your Apple Watch band, so why not have a whole collection of them and a decent carry case to take them around with you? The von Holzhausen Watch Strap Portfolio neatly displays, organises and transports your Apple watch straps and accessories. It has two interior pockets for accessories and one large exterior pocket for small items. It's vegan leather, so animal lovers will warm to it, and the lining is made from recycled plastic water bottles.

AirTags

Apple: www.apple.com
Prices: £29.00, $29.00, 35,00 €

After pairing an AirTag with your iPhone, you can keep track of its whereabouts using your Apple Watch. Just open the Find Items app and the AirTag's location is shown on a map. These trackers are ideal for keeping an eye on your belongings. Leave one in your car and find it if it's stolen or you forget where you parked it, place one in your luggage and make sure it's still with you when you reach your destination and more.

Ultra Wideband · AirTag · Designed by Apple in California · Assembled in China · Bluetooth LE

USB-C Watch AirPods Charger

Satechi: https://satechi.net
Prices: £49.95, $49.95, 54,95 €

The one drawback of the Apple Watch is it needs charging regularly. Its battery life is far better than the early models, but if (for example), you're going away for a week's holiday or on a business trip, you need to take a charger with you. That's where this handy little device comes in. If you're also taking a notebook or iPad with a USB-C port, you can plug in the Watch AirPods Charger and charge your watch or AirPods from your tablet or laptop.

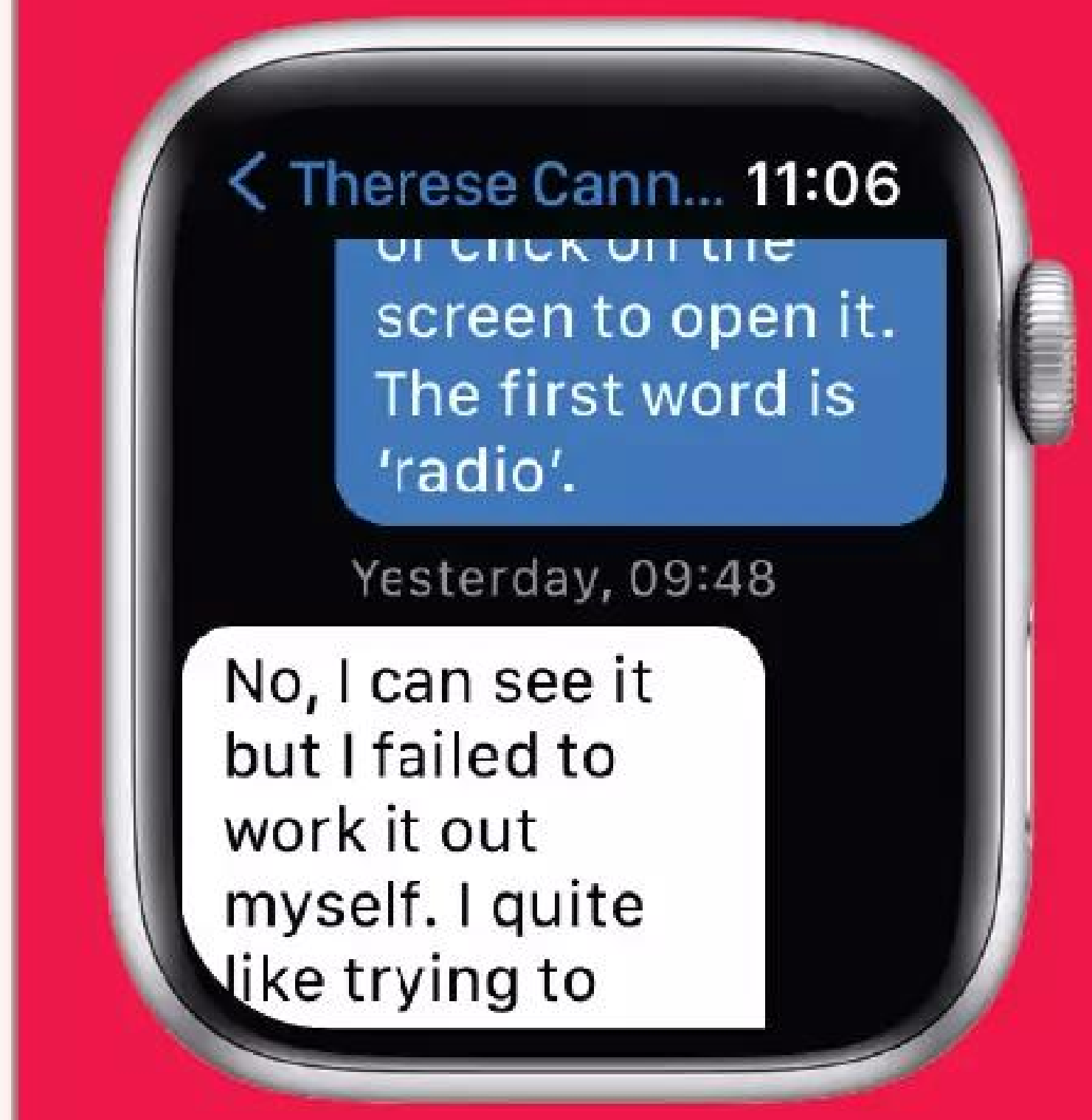
Games and Apps

Adding new apps to your Apple Watch is easy. Find an iPhone app with an Apple Watch companion app, download it to the iPhone that's paired to your watch, then (if you don't install Watch apps automatically), go to the iPhone's Watch app and tap My Watch at the foot of the screen. Tap the app you downloaded and switch on Show App on Apple Watch. The app is now installed on your watch. Here's a roundup of some of the best new apps for your Apple Watch.

Facebook Messenger

Developer: Facebook, Inc
Price: Free

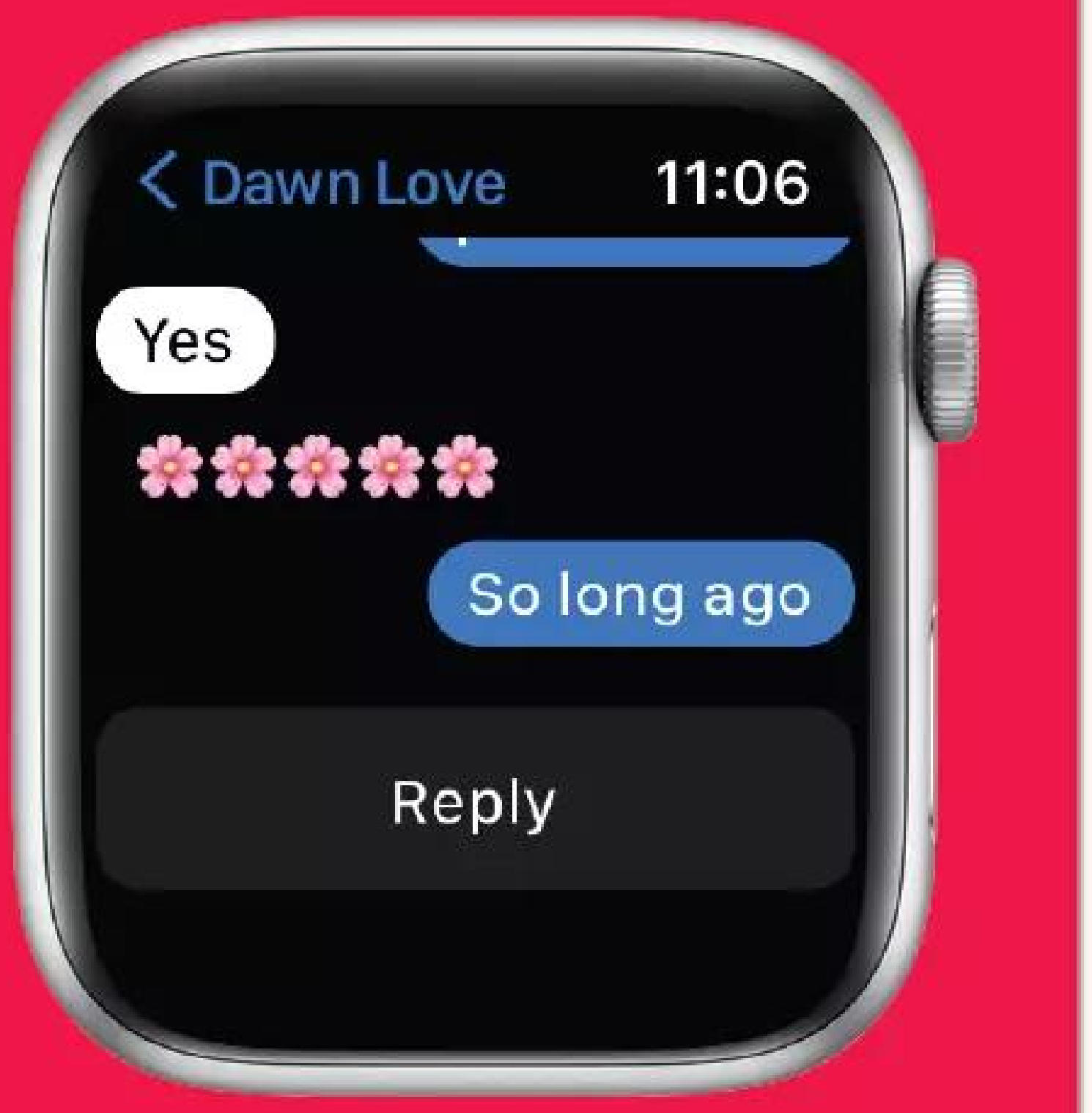
If you use Facebook Messenger on your iPhone, you can also read and reply to messages on your Apple Watch. Recent conversations are listed in the watch app; tap one and you can read existing messages. You can also tap the Reply button at the end, and send a text message (using a virtual keyboard, the microphone or Scribble), or an emoji, straight from your watch.


Therese Cann... 11:06

screen to open it. The first word is 'radio'.

Yesterday, 09:48

No, I can see it but I failed to work it out myself. I quite like trying to

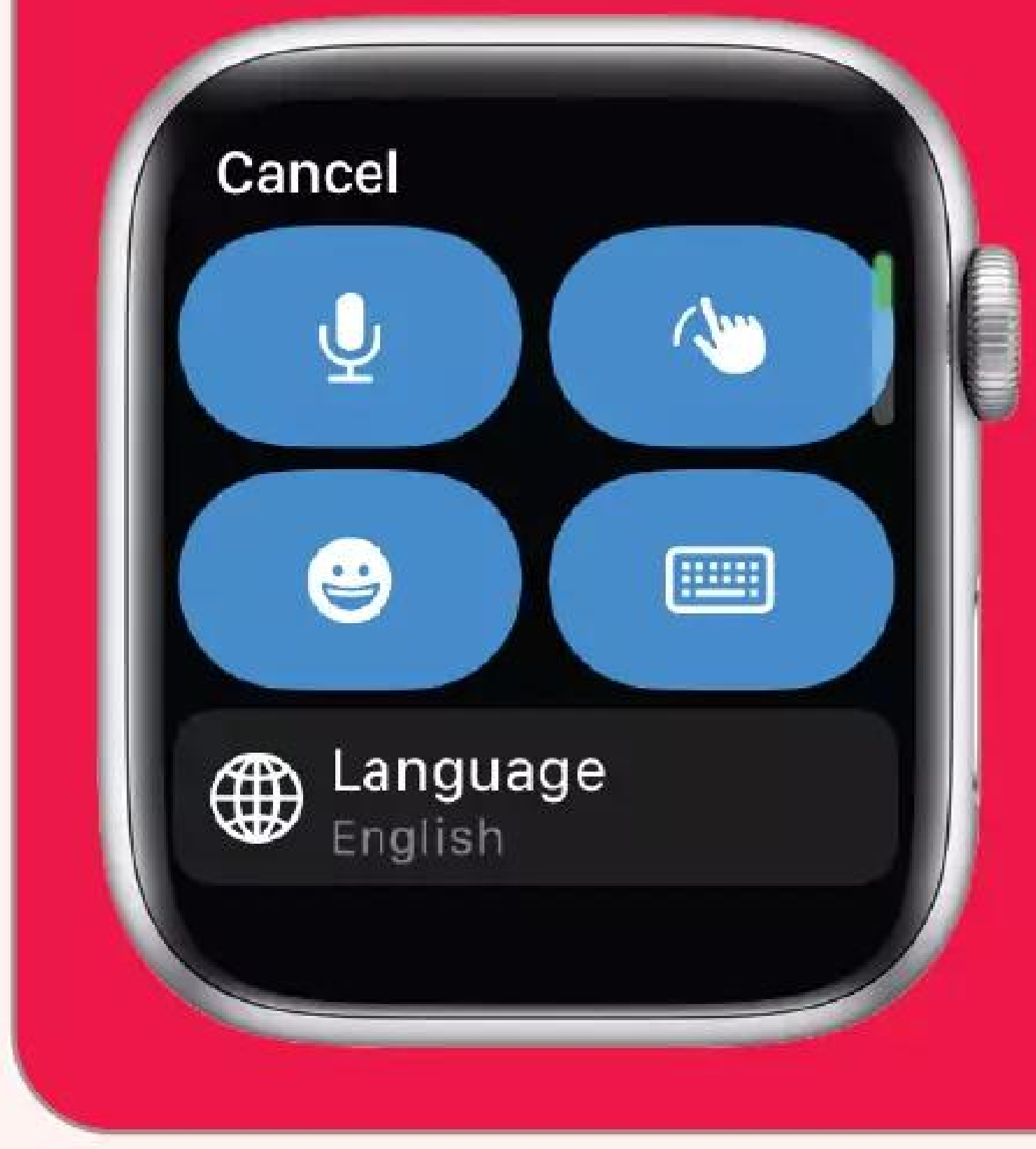

Dawn Love 11:06

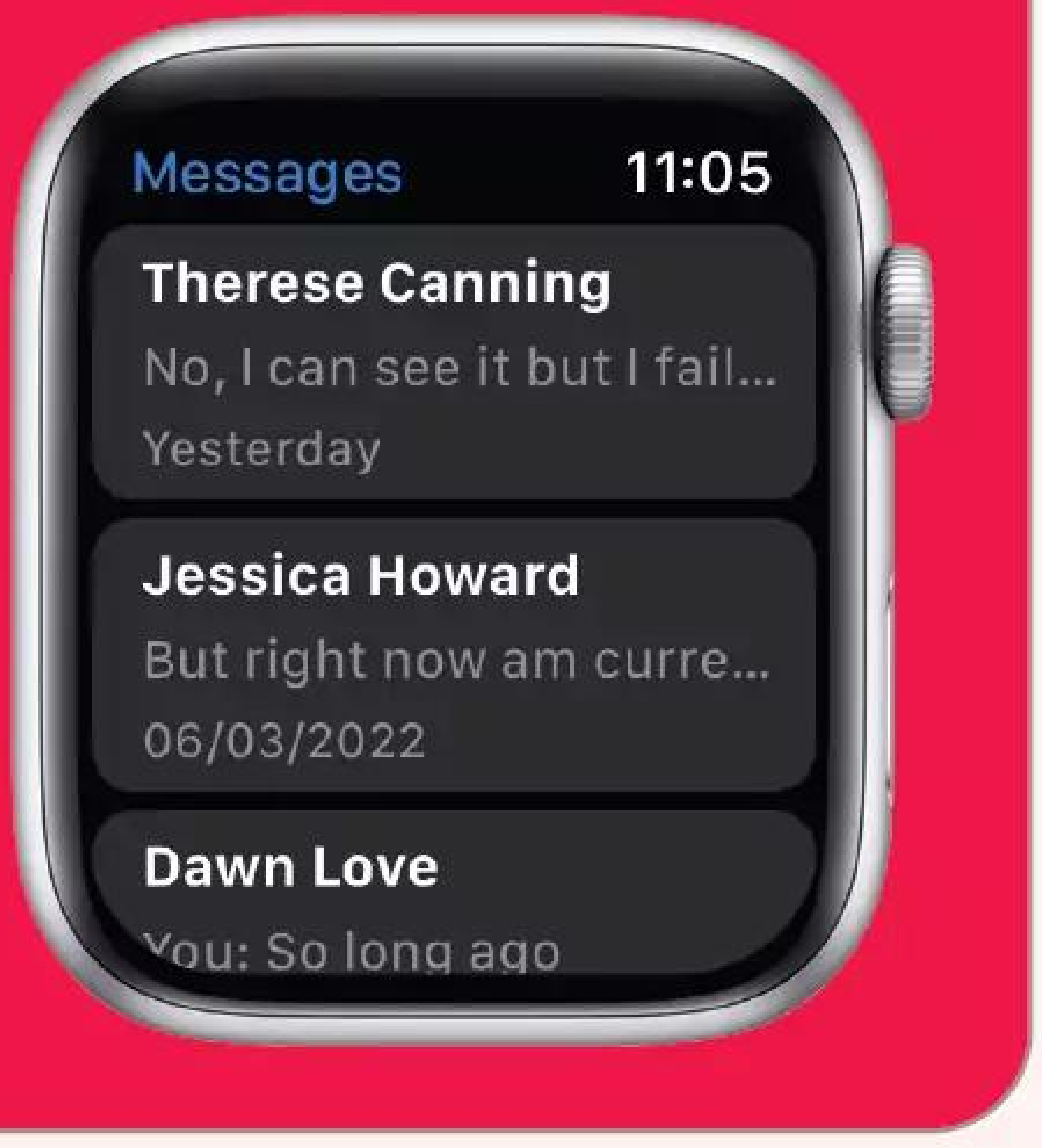
Yes

🌸🌸🌸🌸🌸

So long ago

Reply


Cancel
Language
English


Messages 11:05

Therese Canning
No, I can see it but I fail...
Yesterday

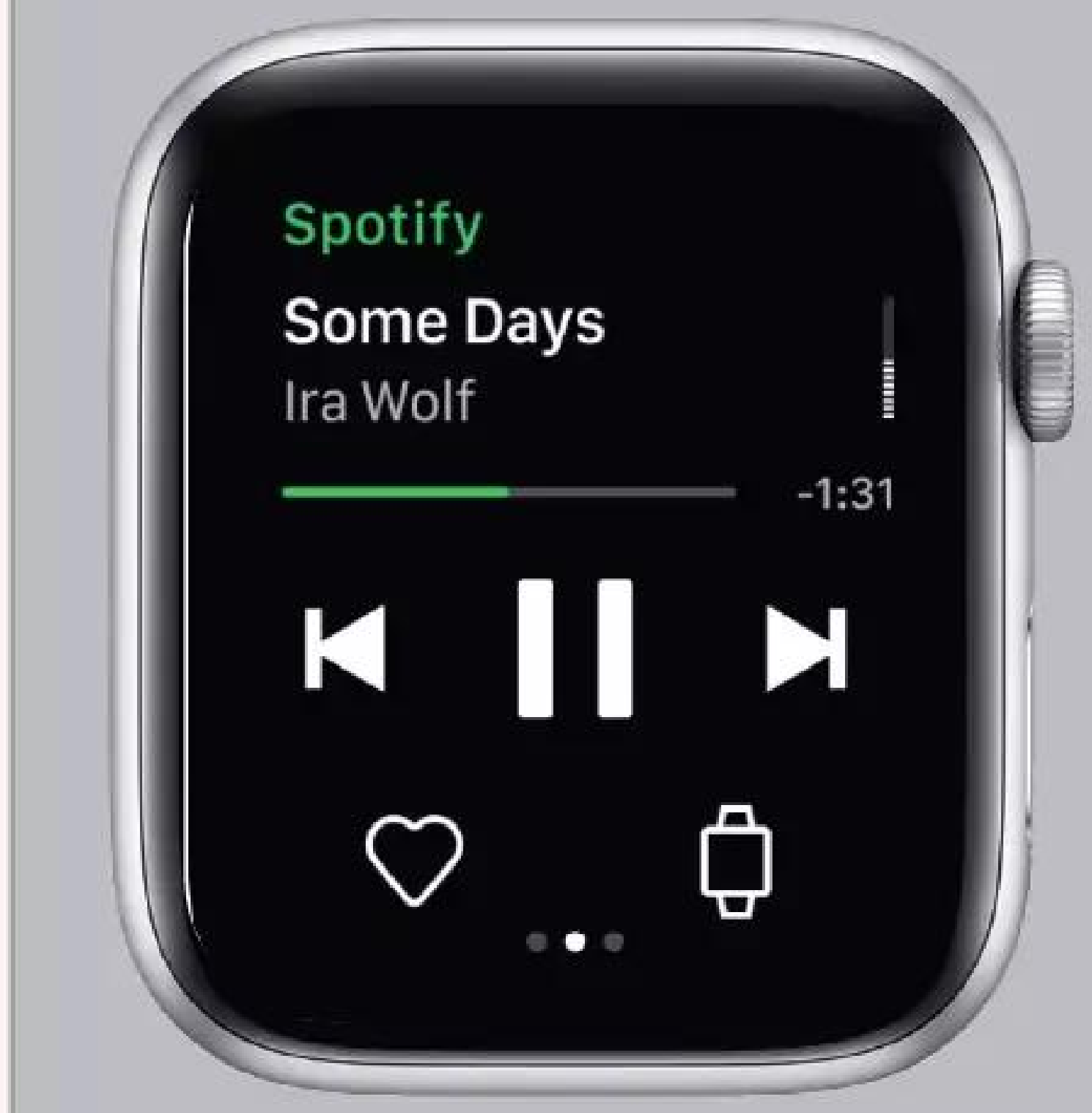
Jessica Howard
But right now am curre...
06/03/2022

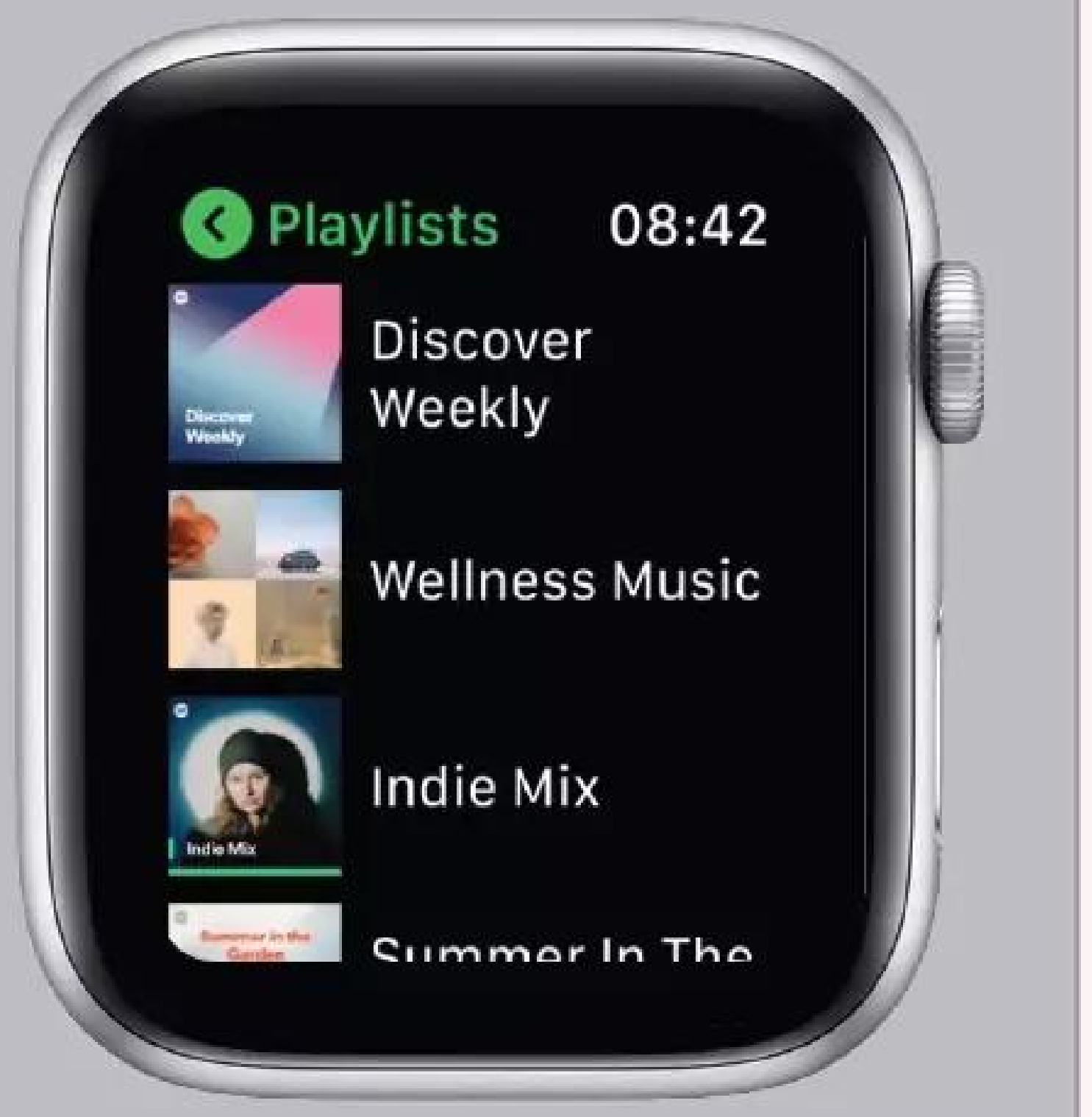
Dawn Love
You: So long ago

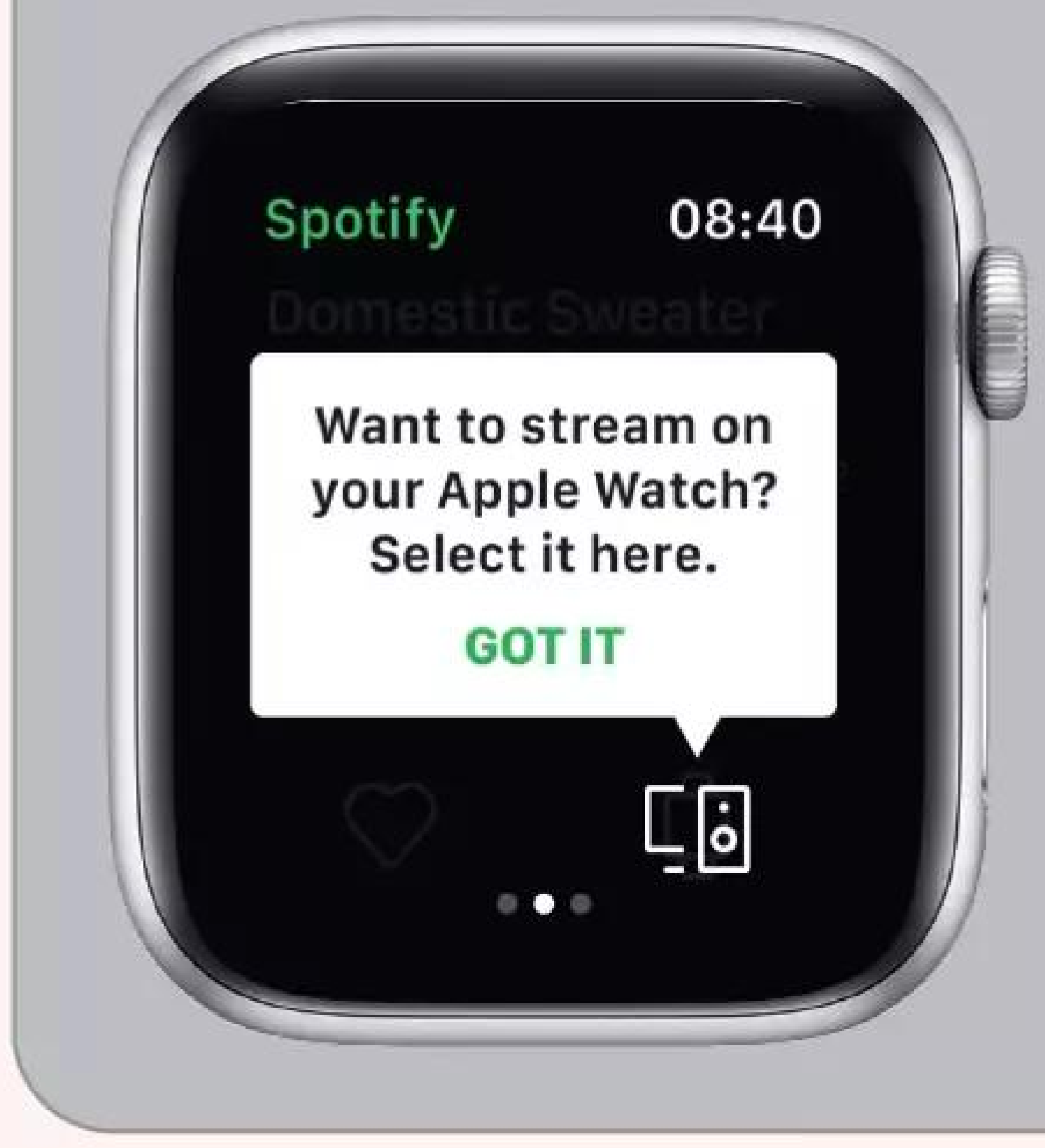
Spotify

Developer: Spotify AB
Price: Free with IAP

If you prefer to get your streaming sounds through Spotify instead of Apple Music, you can do so through the free Apple Watch app – as long as you have an iPhone running iOS 12 or above, and an Apple Watch on watchOS 6.0 or above. If you subscribe to the premium service, you can download music for offline listening, and even the free version can control your playlists.

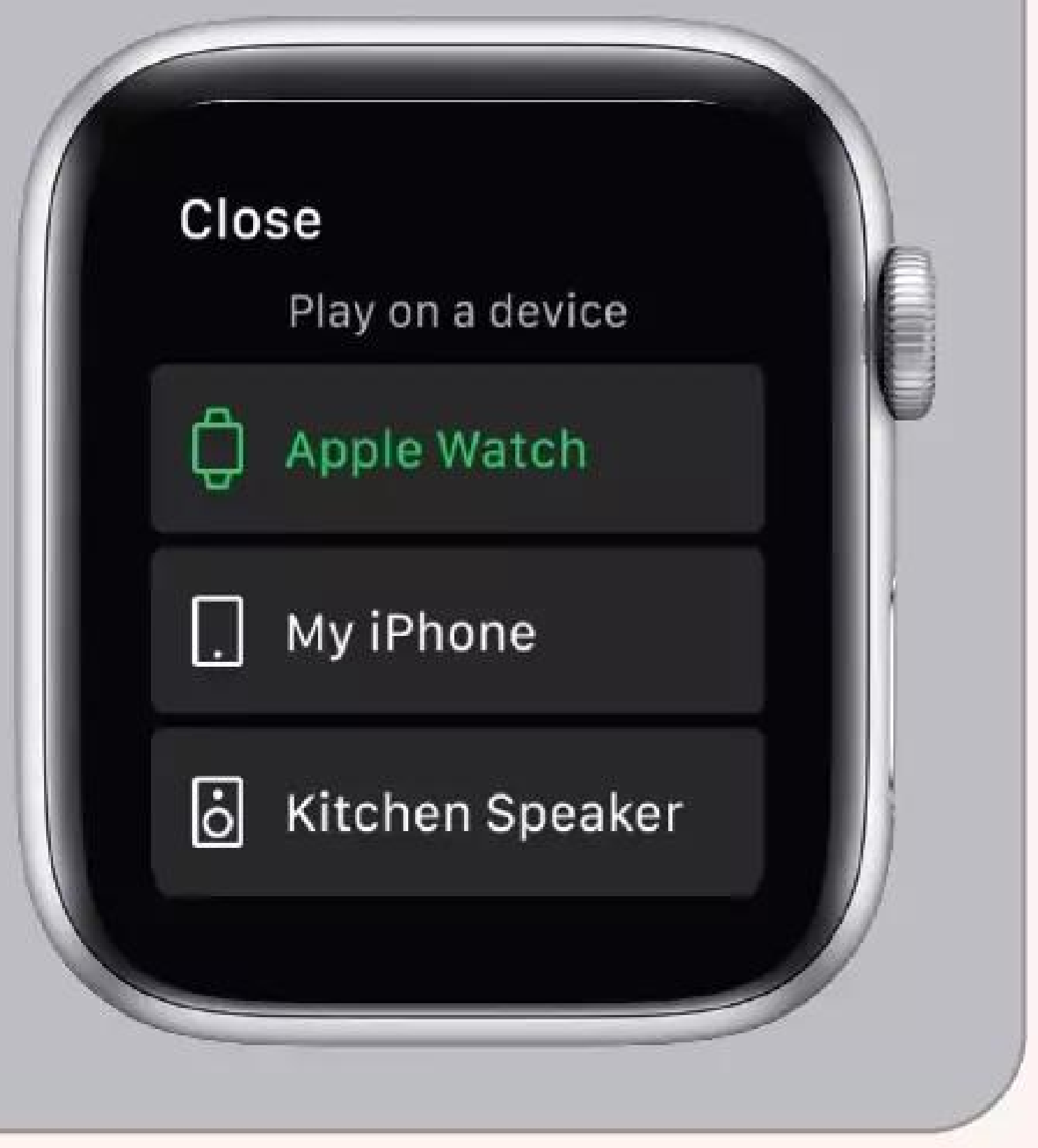

Spotify
Some Days
Ira Wolf
-1:31


Playlists 08:42
Discover Weekly
Wellness Music
Indie Mix
Summer In The


Spotify 08:40
Domestic Sweater

Want to stream on your Apple Watch? Select it here.

GOT IT


Close
Play on a device
Apple Watch
My iPhone
Kitchen Speaker

Fantastical Calendar

Developer: Flexibits Inc.
Price: Free with IAP

Multiple award winning Fantastical is one of the best calendar apps around. It has a great Apple Watch app, which you can add as a complication and see your upcoming appointments on the watch face. You can use the watch app to add appointments and reminders to your daily schedule (using Siri if you wish), and when reviewing an upcoming event, you can access a map of its location. It's highly configurable too; customise it to your requirements.

Fantastical
4:16
Thu Jun 11
82°/68°
Soccer practice
4:00 - 6:00 PM
Movie night
7:00 - 10:00 PM
Fri Jun 12
84°/61°
Up Next
4:20
Now
73°
3 PM
5 PM
7 PM
Soccer practice
4:00 - 6:00 PM

AutoSleep

Developer: Tantsissa
Price: £4.49, $4.99, 4,99 €

An excellent sleep tracker with a great Apple Watch component. If you wear your watch in bed, it tracks your sleep automatically and sends you a notification in the morning. If not, it times your sleep.

Sleep
5:09
LAST NIGHT
06:47
SLEEP BANK
06:51
MON 18
4:38
AutoSleep
Tue 5:30 am
98% 95% 42
53
1.1
Quality
5:09
QUAL.
04:44
DEEP
01:02
BPM
47
Summary
5:09
Rating: 90%
Sleep 06:47
Quality 04:44
Average 47
Deep 01:02
Awake 00:54
Readiness
9:45
HRV
87
WAKING
52
AUTOSLEEP
43%
Battery remaining
Please charge your Watch for an hour before going to bed.

Todoist

Developer: Doist Inc
Price: Free with IAP

With Todoist, you can track your daily tasks across all of your Apple devices, including the Mac, iPhone, iPad and Apple Watch. Anything you add is synced across all your gear, so you're always up to date. You can use the Apple Watch's in-built microphone to add items to your list, and you can also use the watch app to tick completed tasks as you go. It can send you reminders for timed to-dos, and prioritise tasks too.

Today
9:41
Meet with Laura
Today 5:00 PM
Polish brand idea
Today
Design a prototype
Today
9:41
Meet with Laura
Today 5:00 PM
Personal

Telegram Messenger

Developer: Telegram FZ-LLC
Price: Free

This secure messaging service lets you group chat with up to 30,000 people as well as one-to-one conversations. You can send messages that destruct after a given time too.

Kevin Jefcoate
12:28
6/10/21
Reply
Telegram
12:27
Ekaterina Wilk
Sunday
James Strong
Sunday
Chris Brennan
23/02/22
Kenny Hemphill

Dog Training & Clicker

Developer: Dogo App UG
Price: Free with IAP

This dog trainer also trains you. Win points by taking quizzes and reading articles about dogs, and have great fun with your mutt while doing so.

Dogo
11:02
Clicker
Tricks
Tricks
12:56
Clicker
Name
Sit

Ping Pong

Developer: Tobias Brieger

Price: Free

Play this classic retro game on your Apple Watch. Use the digital crown to move your paddle and score goals.

Trainline

Developer: thetrainline

Price: Free

Set up and use the Trainline app on your iPhone, and you can also track your trains on the Apple Watch app.

Roku

Developer: ROKU INC

Price: Free

Control the viewing on your Roku box directly from your wrist. Select channels and programmes, and more.

Canary Mail

Developer: Mailr Tech LLP

Price: Free with IAP

If you prefer this third-party email app to Apple's own Mail, you'll be glad to know there's a great watch app too.

Hive

Developer: Centrica Hive Ltd

Price: Free

Control Hive gear, such as your heating or smart lighting, from your Apple Watch. It's easy to use and it's free.

PlaneWatcher

Developer: Ground Effect GmbH

Price: £2.49, $2.99, 2,99 €

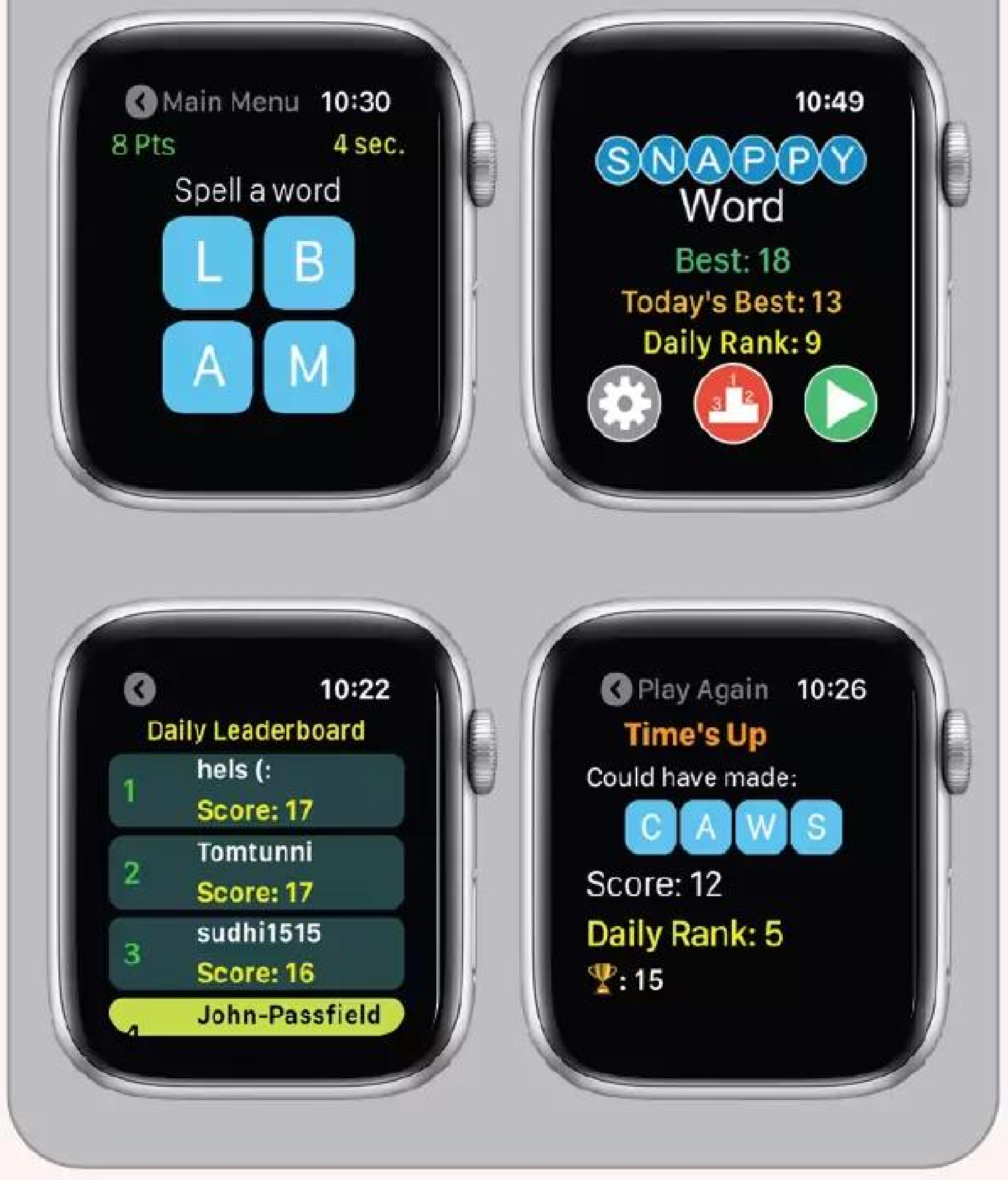
If you see an aircraft flying overhead, this app lets you identify it, see from where it took off and where it's flying to.

Snappy Word

Developer: Red Sprite Studios

Price: Free with IAP

This word game is both fun and educational. Can you find all the hidden words by linking the letters? Track your progress with leaderboards and rankings.

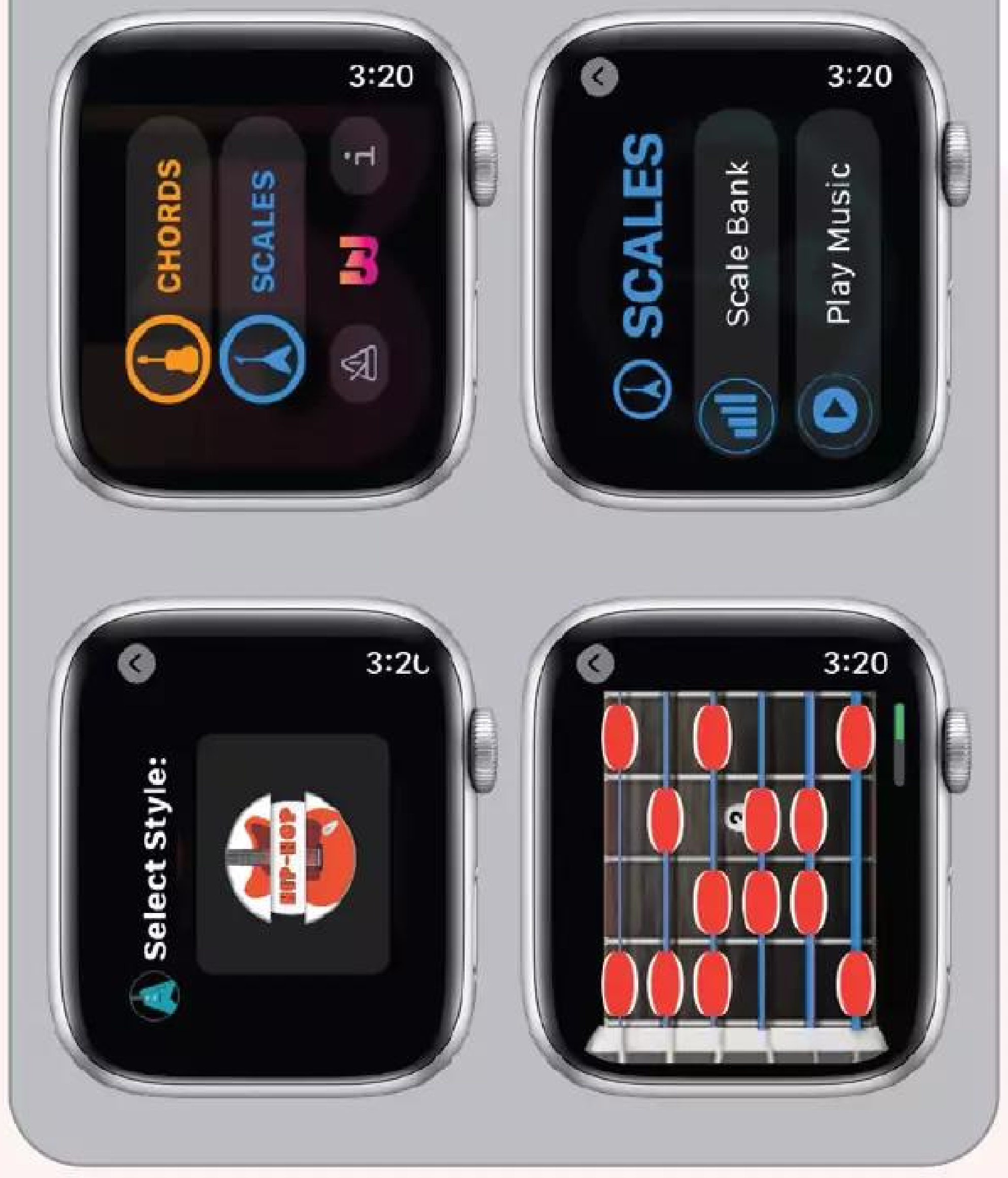

Main Menu 10:30
8 Pts 4 sec.
Spell a word
L B A M
10:49
SNAPPY Word
Best: 18
Today's Best: 13
Daily Rank: 9
10:22
Daily Leaderboard
1 hels (: Score: 17
2 Tomtunni Score: 17
3 sudhi1515 Score: 16
John-Passfield
Play Again 10:26
Time's Up
Could have made:
C A W S
Score: 12
Daily Rank: 5
15

Chords & Scales for Guitar

Developer: Joe Corcoran

Price: Free

This useful app has over 100 Chords & Scales for your guitar. Feel the tempo with a haptic metronome, customise your fretboard and improvise over backing tracks!

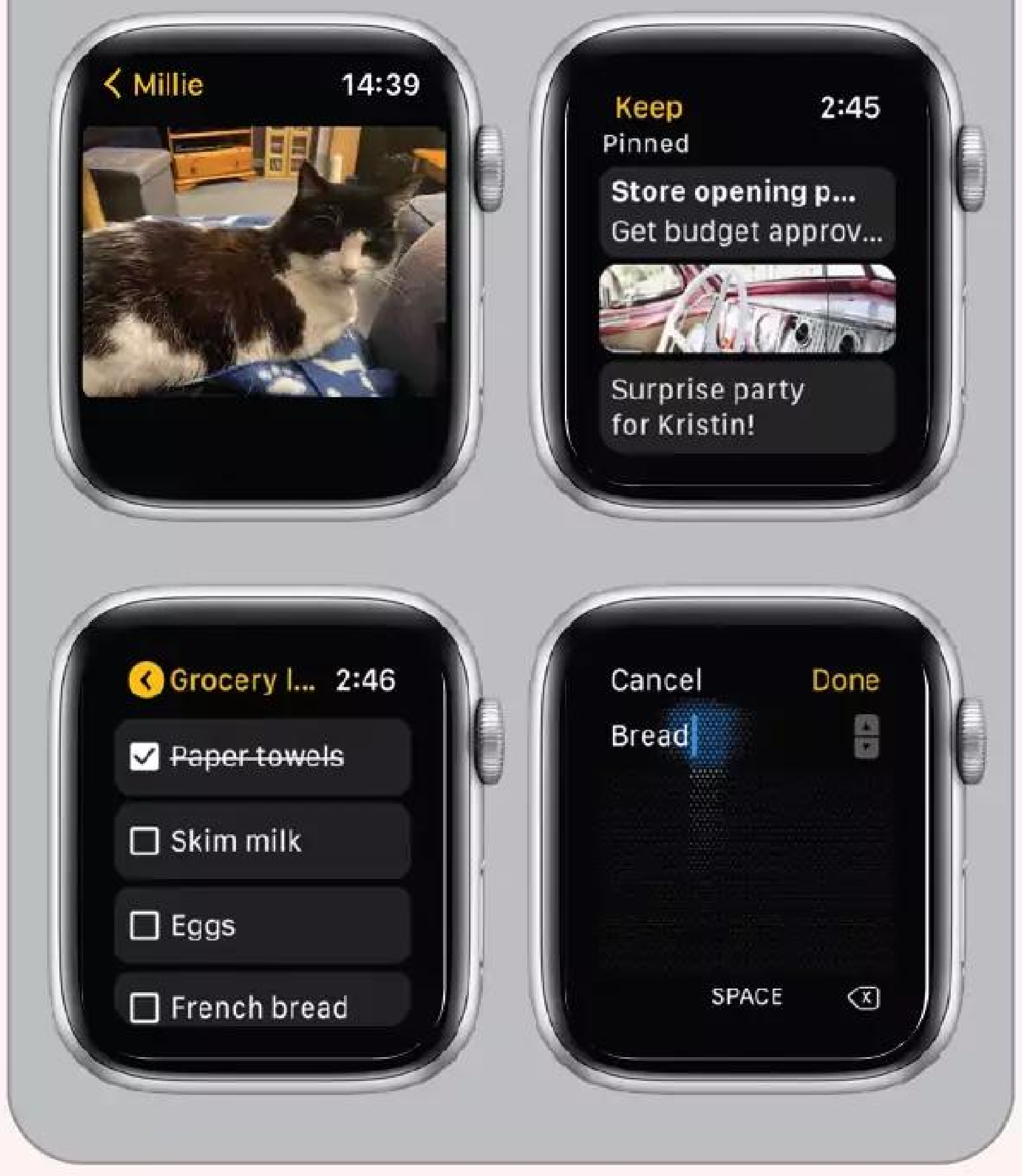

3:20
CHORDS
SCALES
3:20
SCALES
Scale Bank
Play Music
3:20
Select Style:
3:20

Google Keep

Developer: Google LLC

Price: Free

If you prefer Google's note-taking app to Apple's Reminders, there's a watch app that goes along with it. Review your notes and check off your reminders.

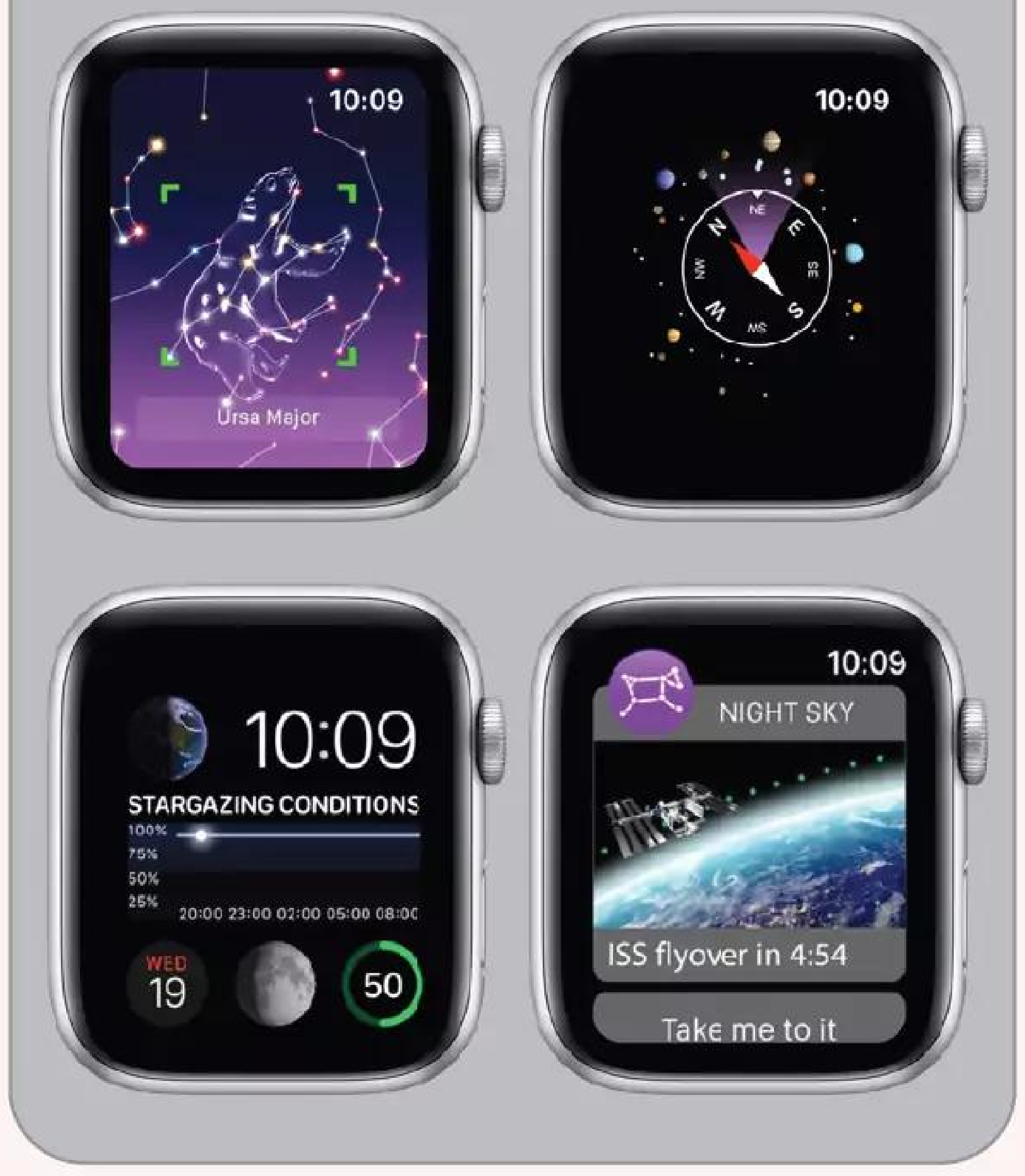

Millie 14:39
Keep 2:45
Pinned
Store opening p...
Get budget approv...
Surprise party for Kristin!
Grocery l... 2:46
☑ ~~Paper towels~~
☐ Skim milk
☐ Eggs
☐ French bread
Cancel Done
Bread
SPACE

Night Sky

Developer: iCandi Apps Ltd.

Price: Free with IAP

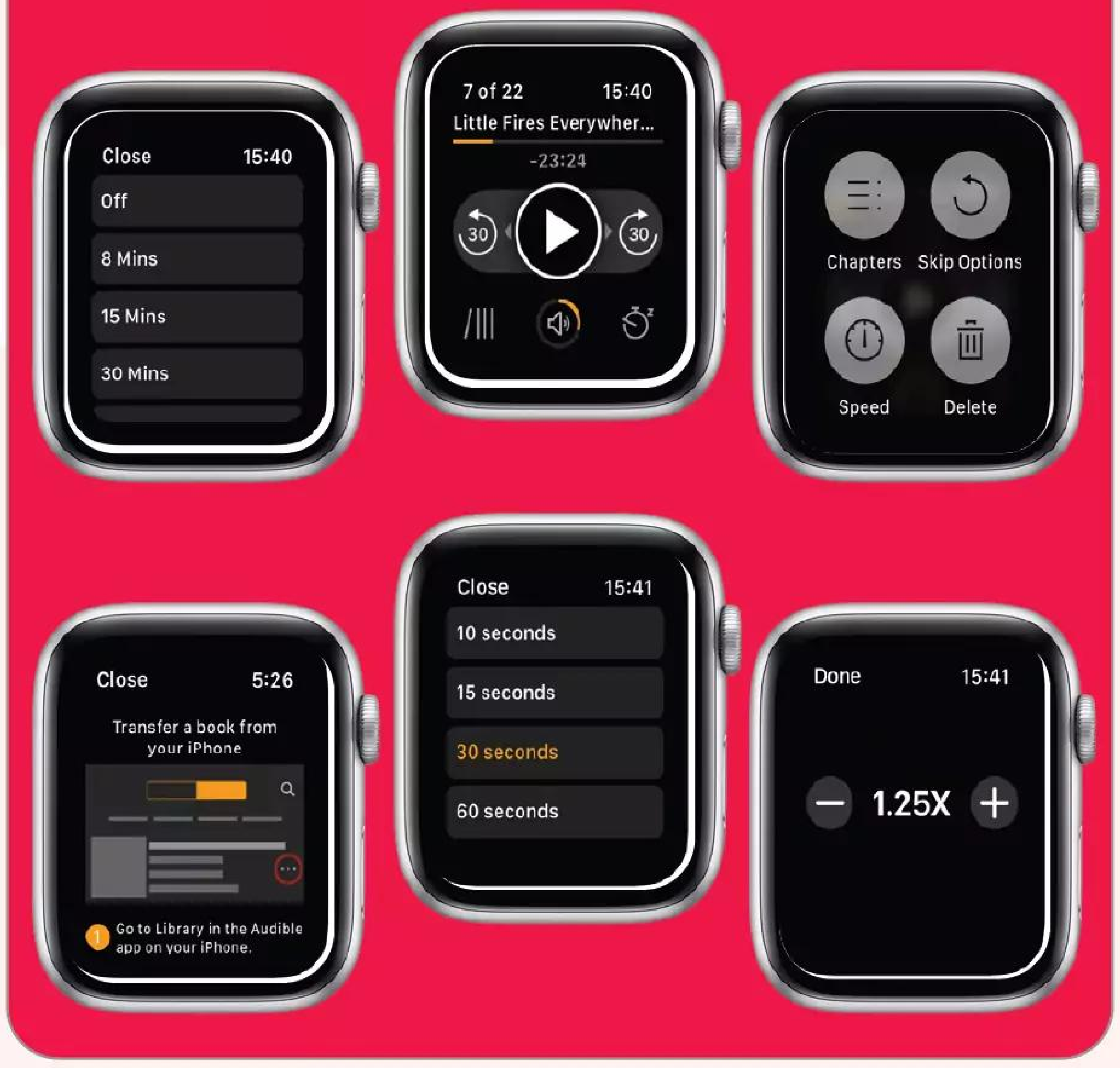
The iPhone app's sky training features are brought to the Apple Watch companion app, which is packed with features and facts.


10:09
Ursa Major
10:09
10:09
STARGAZING CONDITIONS
WED 19
50
10:09
NIGHT SKY
ISS flyover in 4:54
Take me to it

Audible

Developer: Audible, Inc.
Price: Free with IAP

With Audible, you can enjoy audiobooks and podcasts, and the Apple Watch app brings them to your wrist. You can store your books on your watch so you don't need your iPhone too.


Close 15:40
Off
8 Mins
15 Mins
30 Mins
7 of 22 15:40
Little Fires Everywher...
-23:24
30
30
Chapters
Skip Options
Speed
Delete
Close 5:26
Transfer a book from your iPhone
Go to Library in the Audible app on your iPhone.
Close 15:41
10 seconds
15 seconds
30 seconds
60 seconds
Done 15:41
1.25X

Rosetta Stone

Developer: Rosetta Stone, Ltd.
Price: Free with IAP

Rosetta Stone harnesses the power of the iPhone and Apple Watch to bring you language lessons. There's 24 languages to choose from, including French, German, Greek, Hebrew, Hindi and more. Lessons last between five and ten minutes, and its Offline Mode lets you learn even when you have no Internet connection. Rosetta Stone's patented TruAccent speech-recognition engine helps you perfect your pronunciation too.

Today 9:41
Meet with Laura
Today 5:00 PM
Polish brand idea
Today
Design a prototype
Today 9:41
Meet with Laura
Today 5:00 PM
Personal

Camera+ 2

Developer: LateNiteSoft S.L.
Price: £6.99, $7.99, 7,99 €

Pay for the iPhone version of this exciting camera app and the free Apple Watch companion app can be used as a remote shutter, with a timer.

Camera+ 2 14:11
5s
Timer
Camera+ 2 14:11
Timer

Noted

Developer: Digital Workroom Ltd
Price: Free with IAP

Noted is a powerful voice recording tool. Record a speaker or event adding timestamps, tags and notes where appropriate. Free version is very limited.

18:56
Recording 2
Resume
19:27
Recording 9
13 seconds ago
0:00:34
Recording 7
17 seconds ago
0:00:14
Meeting With John
26 seconds ago

Google Maps

Developer: Google LLC
Price: Free

Apple Maps has improved a lot over the years, but some people will always prefer Google Maps. It's completely free, and has a watch companion app.

Google Maps 2:06
Current trip
2:13 PM ETA
Travel times
Home
7 min
Work
2:16
12:15 - 12:33 AM
18 min
12:22 AM from 5 Avenue-Bryant Park Station

Star Duster

Developer: Beardybird AB
Price: £1.79, $1.99, 1,99 €

One for eighties retro gaming fans. It has two game modes with different challenges, gameplay, high score lists, and has won many awards.

17:08
GAME A
GAME B
17:12
GAME A
GAME B

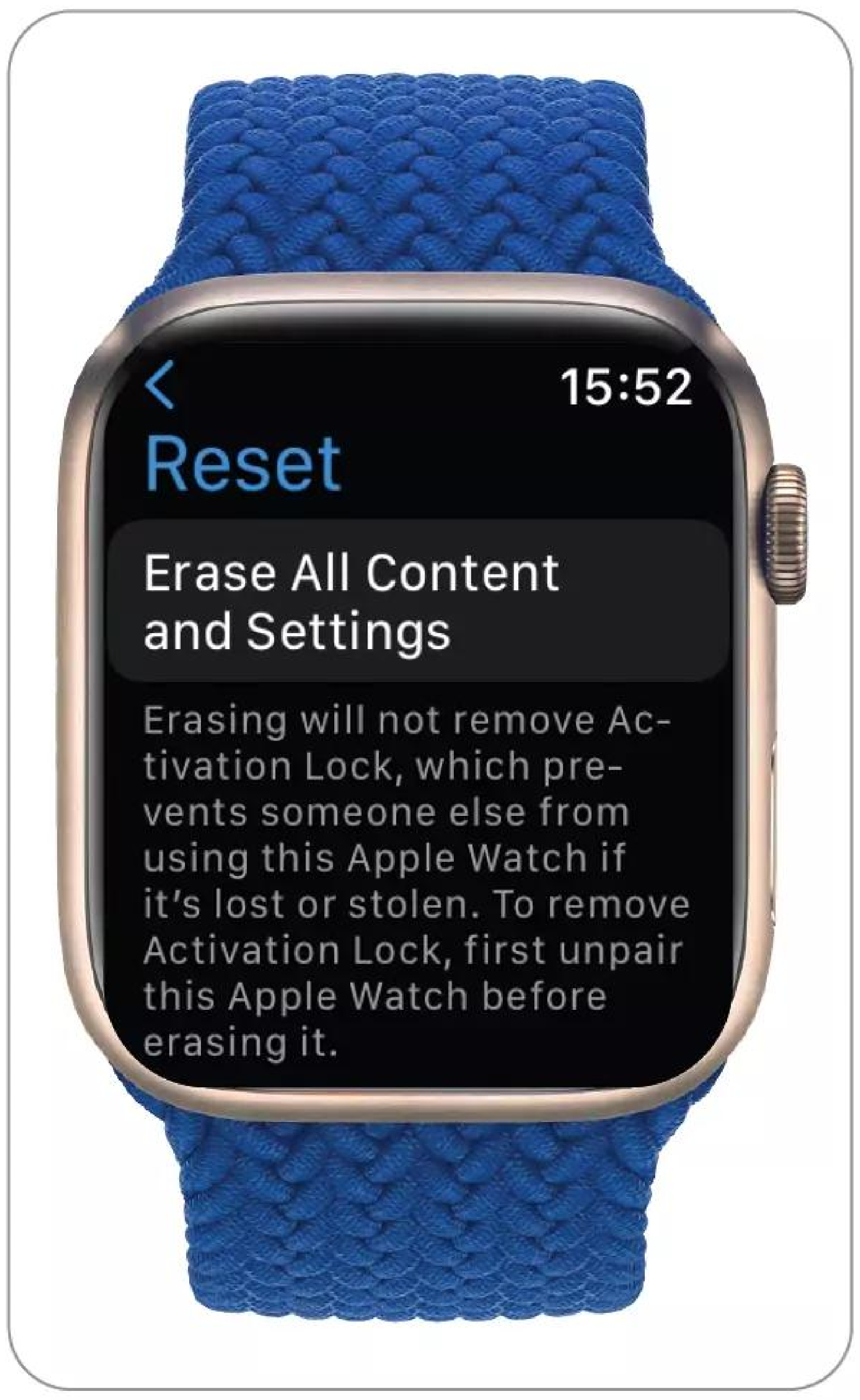
Problems and How to Solve Them

Like all Apple devices, your Apple Watch is very reliable but even the best tech goes wrong occasionally. If you're having trouble with your Apple Watch, check out these handy hints and tips for getting it up and running again. Chances are one of them will work, saving you a trip to the Apple Store.

Restarting and Resetting Your Watch

If your Apple Watch has frozen or is unresponsive, a force restart is usually all it needs but if this doesn't help, a hard reset might prove more successful. Here's how to do both on your Apple Watch.

Restart



Erase All Content and Settings

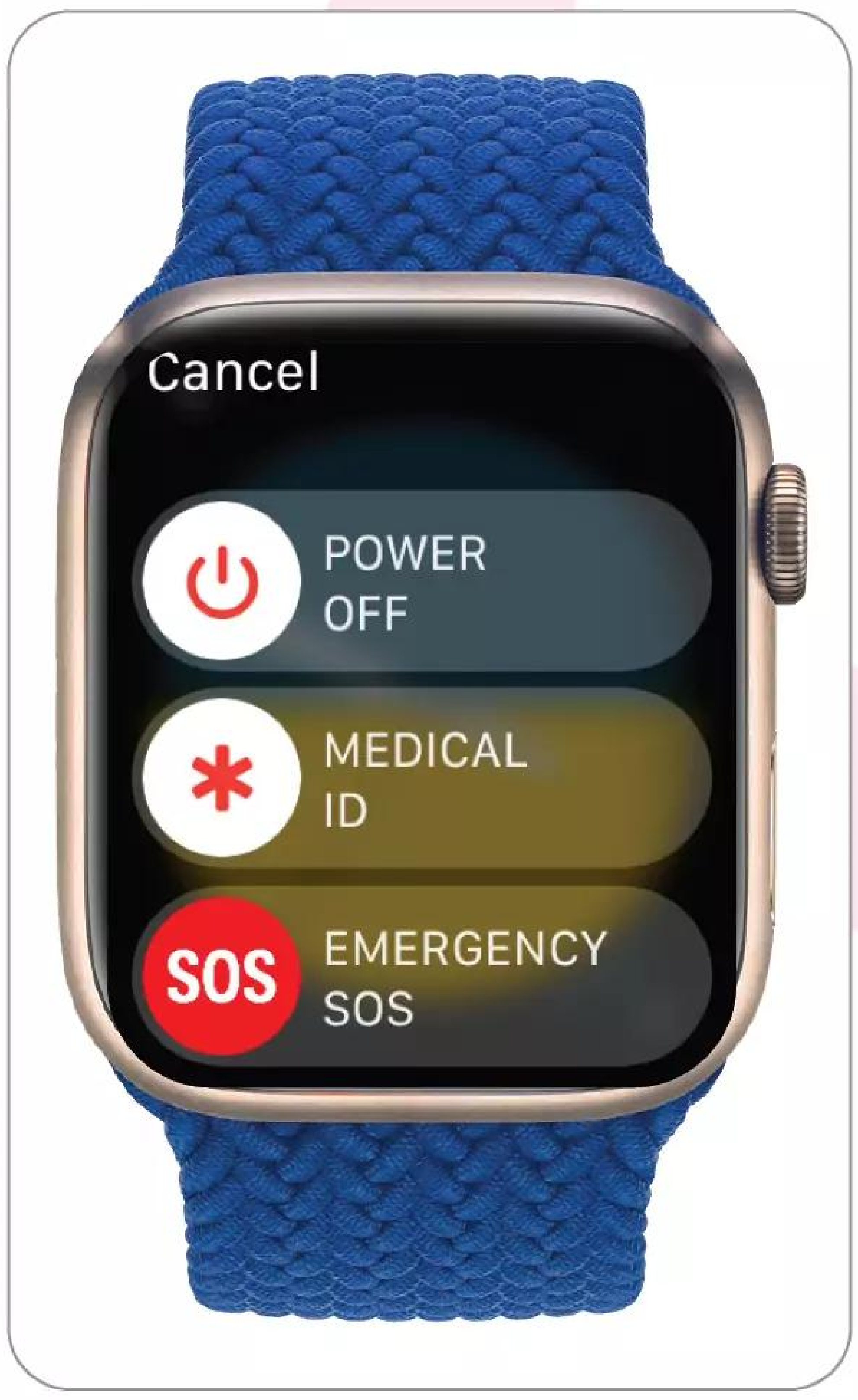
Erasing will not remove Activation Lock, which prevents someone else from using this Apple Watch if it's lost or stolen. To remove Activation Lock, first unpair this Apple Watch before erasing it.

To restart your Apple Watch, hold down the side button until this screen appears, then slide the slider marked Power Off to the right. To start it up again, press and hold the side button until the Apple logo appears.

Force Restart

If this doesn't work or can't be achieved, press and hold both the Digital Crown and the side button for around ten seconds until the Apple logo appears on the watch screen. This forces your watch to restart.

Reset Watch

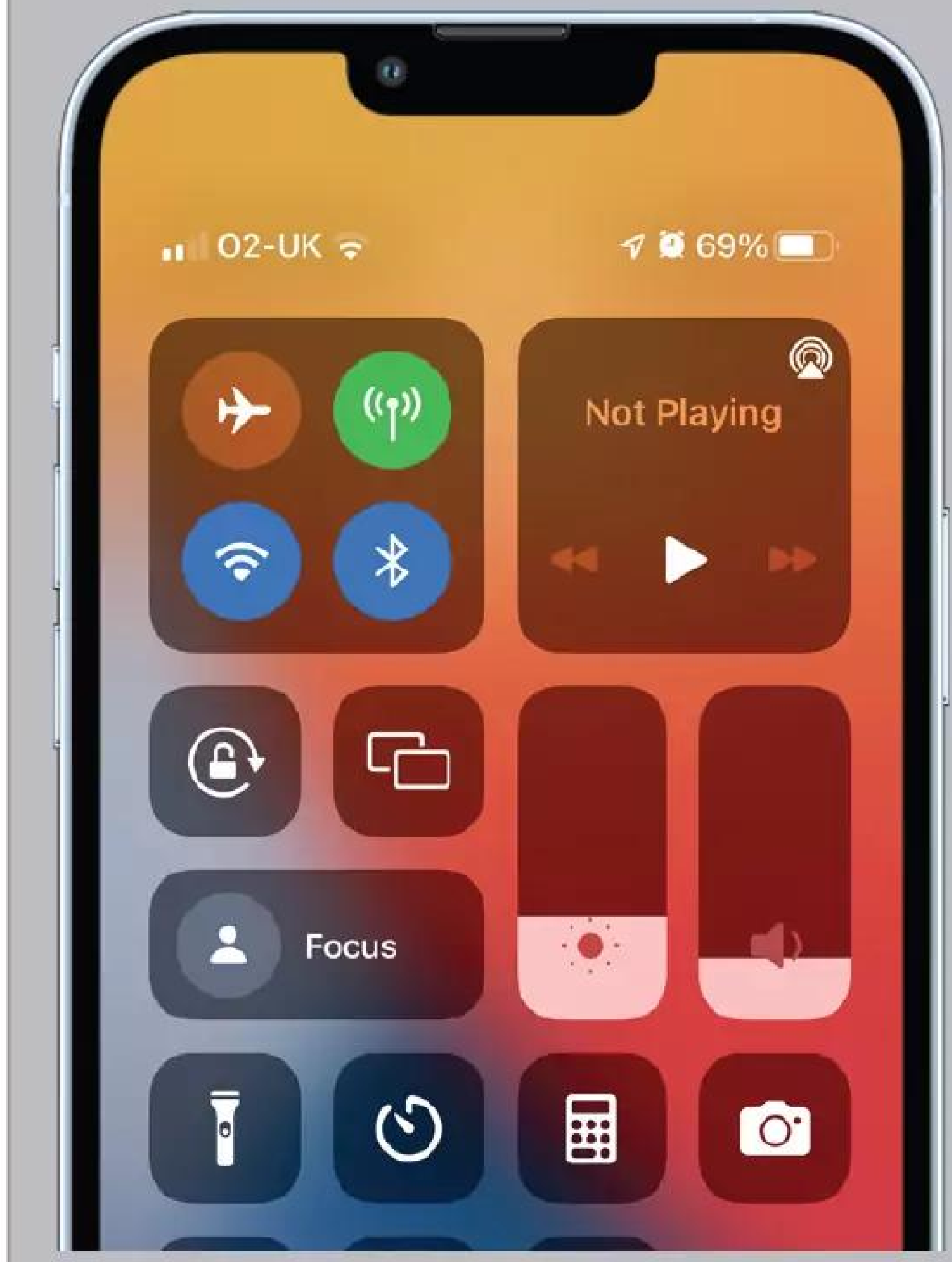


To reset your watch completely, erasing all data, go to the Settings app and then go to General > Reset. Opting to reset your Apple Watch erases all data and settings, so you have to pair it with your iPhone again.

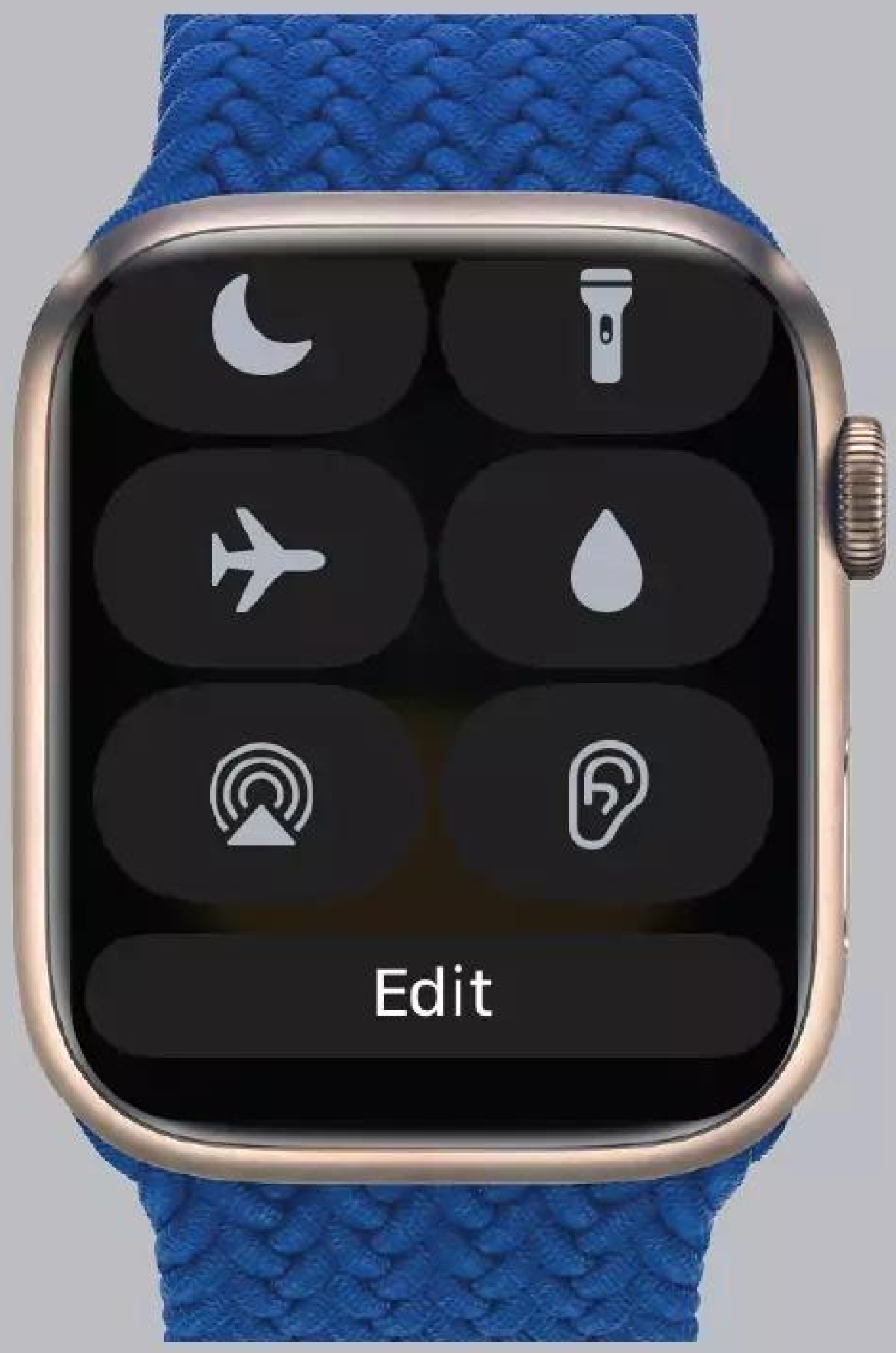
Other Problems with Your Watch

Of course not every hiccup suffered by your Apple Watch requires a complete restart or a reset. There are a number of minor maladies that can be solved quickly and easily. Here's a guide to what to do.

Lost iPhone Connection

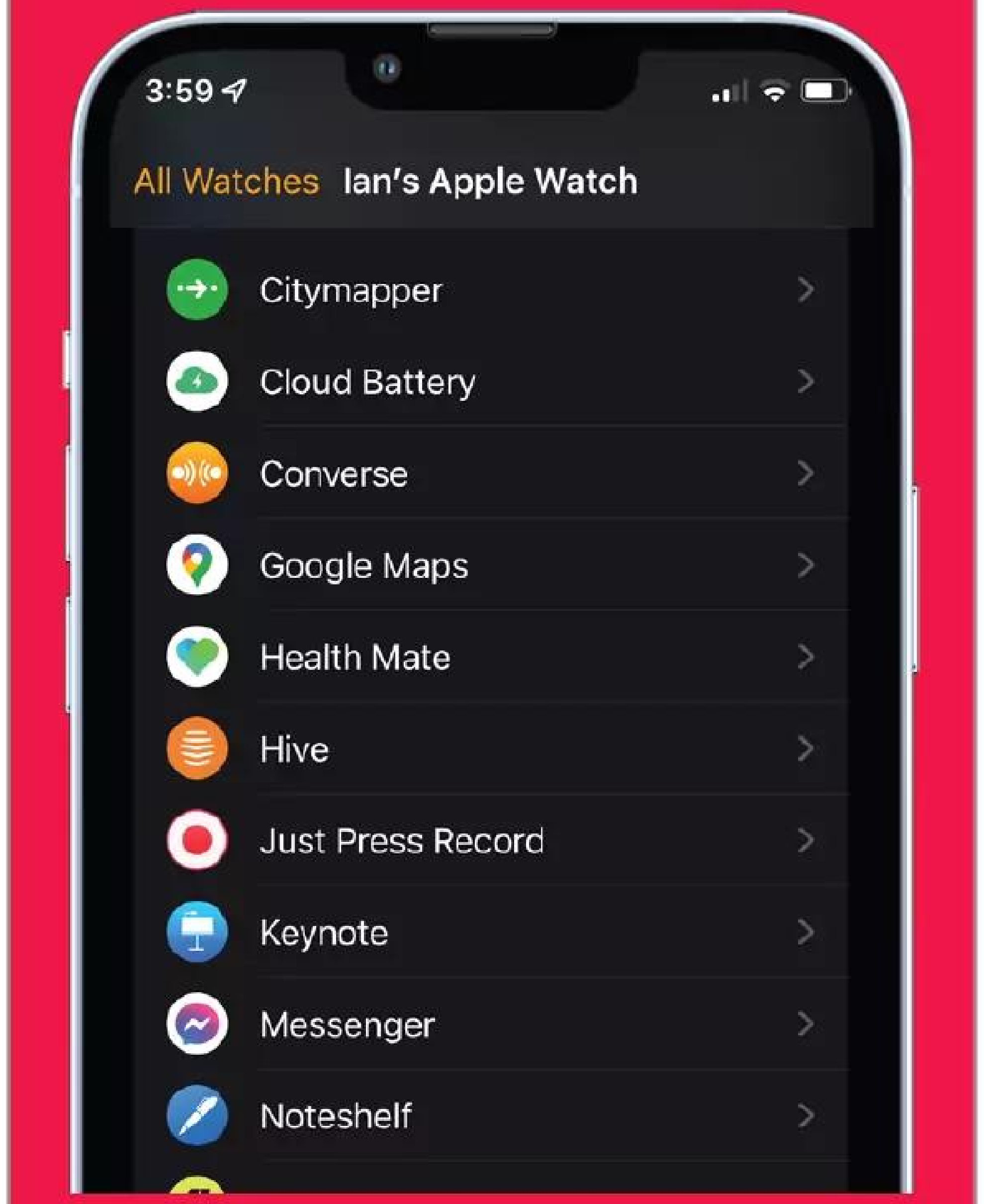

O2-UK
69%
Not Playing
Focus

1 If your watch has lost the connection with your iPhone, first check your iPhone's Bluetooth is switched on. Swipe down from the top-right corner of the screen for the Control Panel, and check the Bluetooth icon is blue.

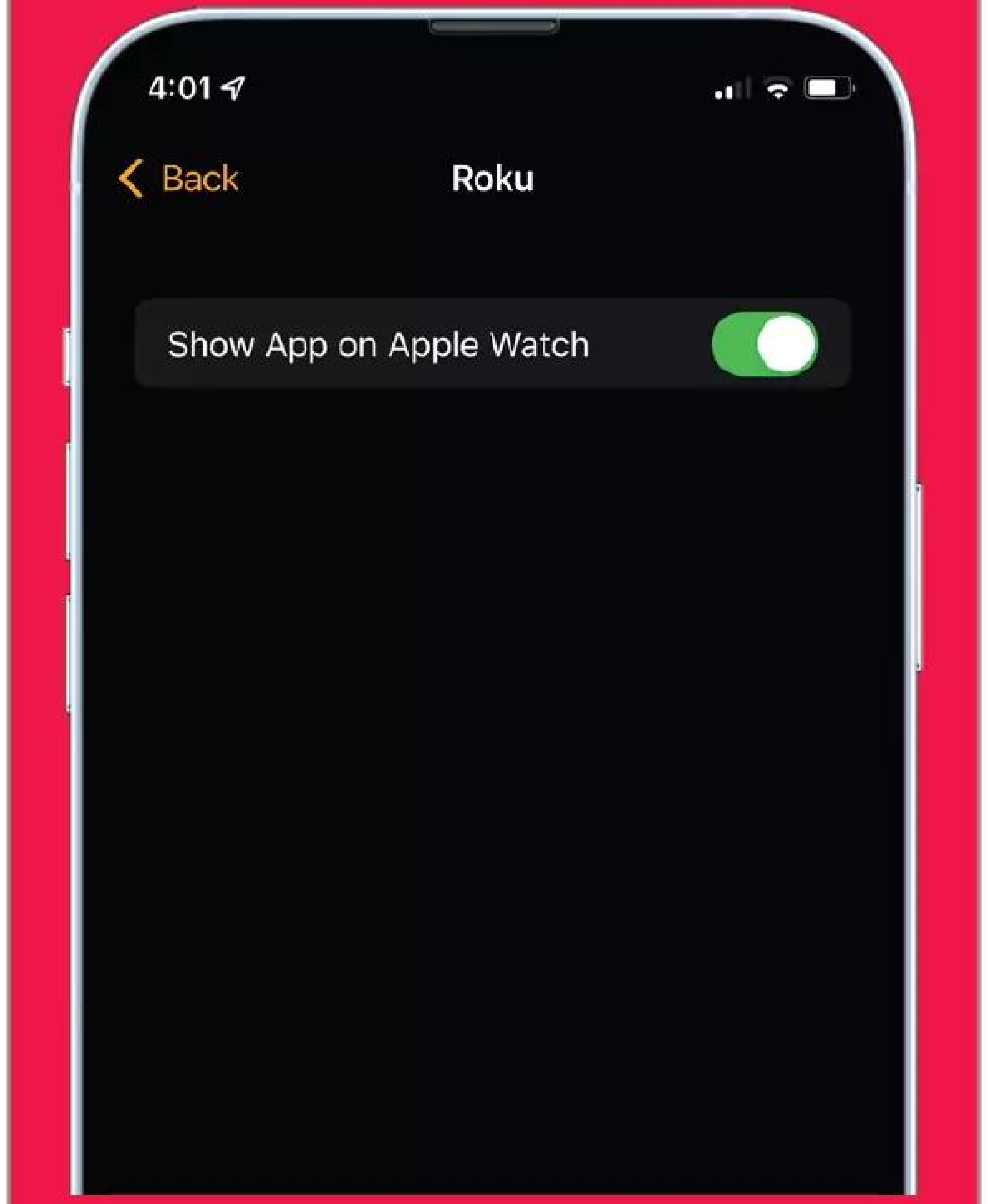


2 Now swipe up on your Apple Watch screen to get to the Control Centre and scroll with the digital crown to here. Turn Airplane Mode on and off by tapping the plane icon to force the watch to look for your iPhone and reconnect.

Third Party App Doesn't Work


3:59
All Watches
Ian's Apple Watch
Citymapper
Cloud Battery
Converse
Google Maps
Health Mate
Hive
Just Press Record
Keynote
Messenger
Noteshelf

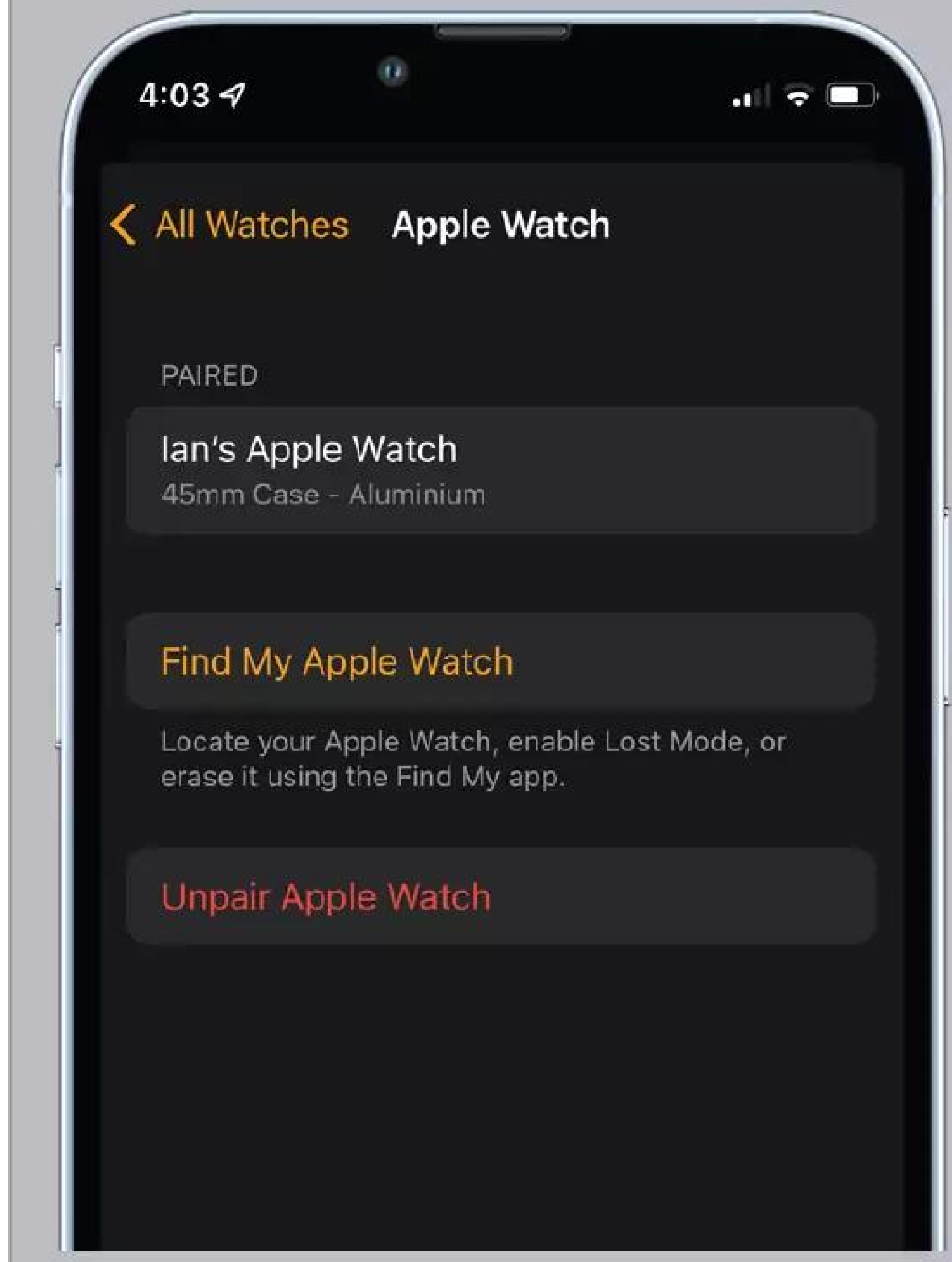
1 If one of your third-party Apple Watch apps refuses to work properly, try removing and reinstalling it. On your iPhone's Watch app, go to My Watch and scroll down to the app that's not working.


4:01
Back
Roku

Show App on Apple Watch ●

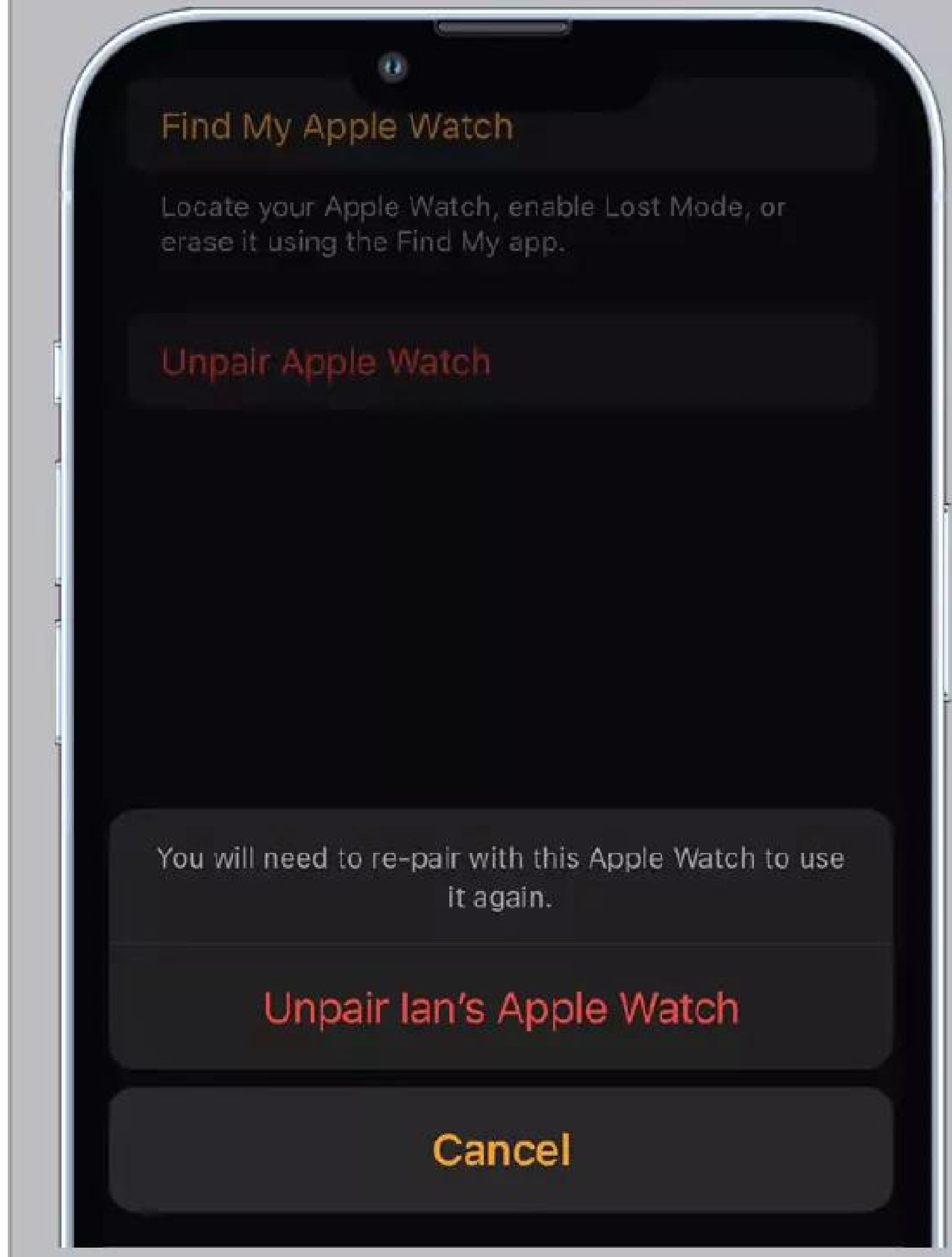
2 Tap on the name of the rogue app and on this, the next screen, flick the switch marked Show App On Apple Watch off. The app uninstalls from the watch. Now flick the switch again to reinstall it.

Back Up and Unpair


4:03
All Watches
Apple Watch
PAIRED
Ian's Apple Watch
45mm Case - Aluminium
Find My Apple Watch
Unpair Apple Watch

Locate your Apple Watch, enable Lost Mode, or erase it using the Find My app.

1 For a more drastic restore, go to the iPhone's Watch app, tap My Watch then tap App Watches in the top-left corner. Tap the 'i' icon next to your watch. Now tap the last option on this screen, Unpair Apple Watch.


Find My Apple Watch
Unpair Apple Watch
Unpair Ian's Apple Watch
Cancel

Locate your Apple Watch, enable Lost Mode, or erase it using the Find My app.

You will need to re-pair with this Apple Watch to use it again.

2 In the pop-up window, opt to unpair the watch. Settings and data are backed up, with a few exceptions such as Activity Monitor and bank cards. After unpairing, you must pair your watch again before using it.

Glossary of Watch Terminology

We've tried to keep this guide as jargon free as possible, but inevitably there are some words and phrases that might still seem mysterious to the newcomer. If you're puzzled, we hope you find this glossary helpful.

A

Accessibility: A series of tools and features designed to make an Apple device such as the Apple Watch easier to use by those with disabilities. You can find the Accessibility features in Settings.

Activity: A key app on your Apple Watch that records how many calories you've expended by moving around, how many minutes you've exercised and whether you've stood for at least a couple of minutes each hour. The Activity app gives you targets to aim for; 500 calories, 30 minutes and 12 hours by default, but they can be customised if you wish. You can share your Activity stats with friends, and win awards by meeting targets.

Airplane Mode: All airlines warn you to turn off mobile electronic devices when on an aircraft, so this Apple Watch setting turns off all incoming and outgoing signals to your device, including data, Bluetooth, and Wi-Fi.

AirPlay: A protocol for streaming sounds and video from an Apple device to compatible speakers, or (for example) an Apple TV. It's wireless, and easy to use.

AirPods: Apple's own in-ear Bluetooth earbuds. Pair them with your iPhone, and they automatically pair with your Apple Watch too. You can then play music directly from the watch, without using your iPhone.

App: Short for 'application', another name for a computer program as used on iPhones and iPads, and also on the Apple Watch. Apps for the Apple Watch can be downloaded on the iPhone or on the watch itself.

App Store: This is where you can download free and paid-for programs, or apps, to your device using your Apple ID. You can access it through your iPhone's or Apple Watch's Home screen.

Apple ID: This is the email address and password that you have registered with Apple. It's required for a lot of applications and features on your iPhone and Apple Watch, such as App Store, Find Items and more.

Apple Pay: With your credit or debit card information stored on your iPhone, you can use your Apple Watch to make contactless payments for goods and services. Double tap the side button to access Apple Pay, then hold your watch near the contactless payment machine. The watch vibrates, and the money is taken from your account.

B

Blood Oxygen: Your blood oxygen level shows the amount of oxygen your blood is carrying around your body. You can test your personal blood oxygen level with your Apple Watch.

Bluetooth: Bluetooth is a wireless technology used to link and exchange data with another compatible device. It has a range of approximately 8 metres (25ft). Apple Watch supports many Bluetooth devices, and can be configured using the Bluetooth option in the Settings app.

C

Calendar: This is one of Apple's preloaded apps. Use it to keep track of events, invitations, and reminders on your Apple Watch, Mac or mobile devices.

Camera: This app is used when taking photos and videos on your iPhone. The Apple Watch can function as a camera remote, so you can take iPhone photos directly from your wrist without touching the phone.

Charger: The USB cable used to charge your Apple Watch. It plugs into a USB-C or USB-A port, and can be bought separately from Apple if you need a spare.

Complications: In watchmaking, small features such as extra dials or a sun and moon behind the main watch face are known as **Complications.** The Apple Watch uses the same term for the extras on the watch face that take information from, and give access to, the watch's apps.

Contacts: Your digital address book, which syncs across your Apple devices using iCloud. On your Apple Watch, you can review your stored contacts' information, initiate an email, phone call, message and more, share a contact or delete it if it's no longer needed.

D

Digital Crown: A key control on the Apple Watch. It combines a button which can be pressed for the Home screen, held for Siri or double-pressed to return to the last-used app, and a dial that lets you scroll through various options and items on your Apple Watch.

Dock: The Apple Watch has a Dock, just like the Mac, iPhone and iPad. It can show recently used or favourite apps. Access the Apple Watch Dock by pressing the side button, and scroll through your apps with the digital crown.

E

ECG: An abbreviation of electrocardiogram, a test that records the timing and strength of the electrical signals that make the heart beat. You can take one on the Apple Watch using the ECG app.

Emoticon: A small drawing used to augment a message or text. Typically, these are yellow faces showing a variety of expressions.

F

Facebook: Currently the most popular social networking site on the Internet. Its integrated messaging app, Facebook Messenger, has an Apple Watch component that lets you review and reply to conversations.

FaceTime: You can join group FaceTime chats using your Apple Watch, but obviously, only using FaceTime Audio; the Watch has no camera, so can't do video.

Find Devices/Items/People: The iPhone's Find My app, for tracking down Apple Macs and mobile devices, locating AirTags and AirPods and sharing your location with others is represented on the Apple Watch by three different apps. Tap one to pinpoint the whereabouts of a device, tracked item or person on the map.

F

Focus: A feature on most Apple devices that lets you limit interactions with your Mac, iPad, iPhone and Apple Watch at certain times, for example, when working or driving. You can turn a Focus on and off from your Apple Watch.

Force Restart: If your Apple Watch isn't behaving as it should, you can force it to switch off and restart; press and hold the side button and digital crown for around ten seconds, until you see the Apple logo appear. Doing this can solve a range of problems on your Apple Watch.

G

Gestures: Actions performed with your fingers on the Apple Watch's touchscreen. These gestures aren't as comprehensive as those used on the iPhone or the Mac's trackpads.

H

Home Screen: The Apple Watch's Home screen is where you open apps, and it's accessed by pressing the digital crown. The watch's Home screen can display your apps as a grid or as a list.

I

iCloud: The collective name for Apple's online services, which integrates with all iOS/iPadOS devices, Macs and the Apple Watch.

iMessage: A text message that's sent from one Apple device to another. iMessages use the Internet rather than the mobile phone network, so they're sent free of charge.

K

Keynote: Apple's presentation app for Macs and mobile devices. The Apple Watch companion app acts as a controller.

L

Location Services: Features and apps on your Apple Watch that pinpoint and use your current location. The Maps app, for example.

M

Mail: Apple's email client, which has a watch component. It can handle a wide range of email accounts, including Apple iCloud, Microsoft's and Google's mail services and accounts provided by your Internet Service Provider.

Memoji: Open the Memoji app and you can create a caricature of yourself, or someone else, on your watch, and then use it in the Memoji watch face.

Messages: One of Apple's built-in apps that handles SMS text messages and MMS multimedia messages.

Mindfulness: A watch app that helps you set aside a few minutes every day to focus, centre and breathe. The Breathe watch face gives easy access to the Mindfulness app, which some people say helps them relax.

Music: The Apple Watch's app for playing music, which also works as a controller for the iPhone's Music app.

N

News App: A useful media application that I collates news sources from across the web. It can be customised to focus on news that interests you personally.

Noise: A useful bundled Apple Watch app that checks the volume of ambient noise levels, and warns you if it's loud enough to damage your hearing.

Notifications: A pull-down list of recent notifications, accessed by swiping the Apple Watch screen down from the top.

Now Playing: If any app is playing audio on your Apple Watch or iPhone, the Now Playing icon appears atop the screen. Tap it for controls.

P

Photos: A bundled Apple Watch application that lets you view and share photographs directly from your watch.

Portraits: If your iPhone can take Portrait photos, with the subject in focus but the background blurred (the bokeh effect), you can use them in the Apple Watch's Portraits face.

Q

QuickPath: The latest Apple Watch models offer a virtual keyboard used by tapping the letters or by swiping a finger from one letter to the next. Typing suggestions are offered, and you can correct a mistake by scrolling the digital crown.

R

Retina Display: This is Apple's term for its high-resolution screens. The pixels are so small it's impossible to distinguish between them at a normal viewing distance. Apple Watch has a Retina screen.

S

Scribble: A means of typing on your Apple Watch, by drawing individual letters on the watch face.

S

Settings: An app on your Apple Watch that gives access to configurable features. There's an entry in Settings for every app on your watch, whether a default app or one you've added yourself.

Siri: Apple's voice activated digital assistant. You can give Siri spoken instructions and the service replies by giving you the information you asked for, or by activating the requested Apple Watch function.

Sleep/Wake Button: Physical hardware button on top of the iPhone, iPod touch, and iPad. Used to power on, wake from sleep, put to sleep, and power down iOS devices.

Sleep App: This is used to track your sleeping habits and set up bedtime schedules. You can see how much sleep you got last night, and follow your sleeping trends over the last 14 days.

Smartwatch: A watch that functions as a piece of digital technology that can run apps for things like measuring exercise, health, heart rates and other things that require sensors. The Apple Watch is a smartwatch.

SMS: (Short Message Service) Text messages sent from the Messages app. Apple Watch has standard messages, or you can speak/type your own.

SOS: A service on Apple Watch that lets you call the emergency services from your watch, store medical information and detect if you've fallen over.

Straps: The Apple Watch uses its own unique strap design. Apple Watch straps include Loops, Sports Bands, Modern Buckles and other styles.

T

Touchscreen: A screen that responds to your touch, so you can interact with it using your fingers or a stylus.

W

Walkie-Talkie: An innovative feature that facilitates two-way communication between Apple Watches. Requires Apple Watch Series 1 or later running watchOS 5.3 or later.

watchOS: The operating system that underpins everything that goes on in your Apple Watch. This operating system (or OS) is regularly updated, and new versions are free of charge.

Wi-Fi: A wireless of means of getting onto the Internet or connecting two devices. At home, your Wi-Fi network is established through your router. Whilst away from home, you might have access to public Wi-Fi networks like those offered in coffee shops or libraries.

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